



# The Crowborough Runner

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November 2017

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## In this issue:

- 10k pb's for Sharon (hurrah!) and hip op Kev
- SGP (important changes to note), XC and Club Championship updates
- Junior club runners getting great results
- Christmas events

Next issue **22 December** Send me all your news, results and photos 20 December please. [mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)

### Brighton 10k

Great results from this fast and flat seafront SGP. Hip op PB for Kev 43.44, Sharon W, 52.43 PB & Rob Archer 56.38.

### Warren Hill Cross Country

Another fantastic result for Crowborough runners at the Warren Hill Cross Country race. The combined team of Crowborough runners and Wadhurst runners came second in the race. We are now equal first with Lewes after 2 races; see table. Peter Woodward was the first Crowborough Runner in (28.20 taking 5<sup>th</sup> place in the race overall) Ollie, Roger W and Paul all did fantastic times.

Joe Harvey is doing very well, just 17 years old. Good to see Ben and Mike doing their first cross country race ever for Crowborough.

Anna, first female, had a big battle with Kevin. Kevin was leading Anna in the final 400 metres but Anna got past him to beat him by one second at the finish (35.31).

Louise took the F 45 place and Sharon the F 55 team place. The Cross Country Head Honcho Secured the M 60 team place.

**Next race at New Place Farm on December 17**, this is always a good one, nice barn, tea or coffee and cakes for sale.

We need a good turnout to see if we can beat Lewes again and have 1<sup>st</sup> place to ourselves.

### Warren Hill

POS	NAME	TIME	CAT	PTS	T,CAT	T.PTS
4	SCOTT RICHARDSON	28-17	SM	197	SM1	4
5	PETER WOODWARD	28-20	SM	196	SM2	5
20	OLLIE WELCH	30-59	SM	182	SM3	19
25	HENRY BULL	31-11	SM	177	SM4	24
32	ROGER WATTS	31-27	M45	171	M401	30
35	MICHAEL PAIN	31-47	M50	168	M501	33
41	PAUL BAILEY	31-57	M40	162	M402	39

47	ROGER MOORE	32-26	M50	156	M403	45
50	JOE HARVEY	32-39	SM	153	SM5	48
59	BEN MORRIS	33-04	M40	146	NSM1	57
81	MIKE LESTER	33-59	M40	130	NSM2	75
95	ED MCKINNEY	34-30	M45	120	NSM3	86
103	TIM CLEMENTS	34-59	M45	112	NSM4	94
115	ANNA TOLMACHOVA	35-31	SW	190	SW1	106
117	KEVIN BATTLELL	35-32	M55	104	NS	NS
126	ALAN EDNEY	36-02	M40	96	NS	NS
128	IAIN WATSON	36-23	SM	95	NS	NS
141	ASHLEY BOX	37-10	M45	87	NS	NS
149	BRYAN TAPSELL	37-29	M60	81	M601	132
152	CLAIRE HARVEY	37-35	F40	181	F351	135
168	MILOSZ PIASTA	38-17	SM	68	NS	NS
177	ALEX COLE	38-44	SM	60	NS	NS
184	EILEAN WELCH	39-02	F40	172	SW2	154
188	VICKI WHITEHORN	39-15	F35	171	NSW1	156
190	DEZ GORRINGE	39-24	M45	51	NS	NS
196	PETER BURFOOT	39-38	M60	48	NS	NS
207	TERRY HARVEY	40-05	M50	42	NS	NS
233	COLIN HARRISON	41-35	M50	30	NS	NS
235	ROGER STONE	41-38	M60	29	NS	NS
250	LOUISE ELLIS	42-32	F45	147	F451	189
267	SHARON WHEELER	44-15	F55	139	F551	194
276	CHLOE KEEN	45-01	SW	132	NS	NS
326	EMMA BIRKE	53-58	F40	99	NS	NS

333 Finishers in Race (that's a lot!)

22 Crowborough Runners (Blue)

11 Wadhurst Runners

ESSCCL League Table - 2017/18								
	Snape	Warren Hill	New Place	Black Cap	Heathfield	Pett	Total	
Club/s	15-Oct	12-Nov	17-Dec	14-Jan	18-Feb	11-Mar	Points	Pos
Crowborough /Wadhurst	1	2					3	1=
Lewes	2	1					3	1=
Hastings AC	3	4					7	3
Eastbourne	5	3					8	4
Hailsham	4	6					10	5
Meads	8	5					13	6
Hastings Runners	6	8					14	7
Bexhill	7	10					17	8=
Seaford /RW /PP	10	7					17	8=
Heathfield /Uckfield	9	9					18	10
Brighton Tri	11	11					22	11
Arena 80	12	12					24	12
							Lowest Points	
All Six Races to Count							Wins	

## Junior Cross Country

Three of our juniors participated in this month's cross country at Warren Hill. Jack Bailey was first in the under 17s age group, and Georgia and Harriet Nichols were first and third respectively in the under 11s age group. Well done to Jack, Georgia and Harriet!

## Richmond Park Half

Tim Newman did the Richmond Park Half marathon and got a PB of 01:38:53. Well done Tim.

## Park Runs

A few Crows did the TW park run. Junior McKinley won it! Russell did his first park run and really enjoyed it. From the Monday Group Claire and Ian Biddle ran the race and Chris beat Steve after Steve beat Chris at the Marden Half last week. Hip op Kev wasn't a slouch either and James

volunteered by pacing the 29 min group. Here's Dom slogging up to the finish.



And here are some more lady vet runners sitting outside in Alfriston having tea (and feeling chilly) after running from Lewes after 13.8 miles and climbing 1,496.6 feet on a stunning day on the Downs:





## Club Championship Update (with known results up to 25/11/17)

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

Bolton Steve	MV50	00:20:50	00:42:54	01:34:44	<b>02:38:28</b>
Ashby Chris	MV50	00:20:31	00:43:06	01:39:06	<b>02:42:43</b>
Battell Kevin	MV50	00:20:59	00:43:44	01:50:22	<b>02:55:05</b>
Welbury James	MV50	00:25:07	00:52:06	01:54:43	<b>03:11:56</b>
Tighe John	MV50	00:24:40	00:52:38	02:02:34	<b>03:19:52</b>
Cutbill Ron	MV50		01:06:50	01:56:52	
Tapsell Bryan	MV60	00:23:06	00:48:02	01:52:06	<b>03:03:14</b>
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	00:35:57	01:30:56		
Archer Bob	MV60		00:56:38		

5K      10K      Half      TOTAL

### Hospice in the Weald Fun Run

Alex Cole invited us to take part in this annual fundraiser, dressed as either a Penguin or a Santa. What fun we had and all in a good cause too:



“Thanks for coming out to join in the fun today, it was great to see both Runners and Tri Club members out in force and with entry fees and fundraising we will have contributed £383 toward the vital services we provide at Hospice in the Weald.”

### Crowborough 10K – Final Reminders

This year’s 10K is taking place on **Sunday 3<sup>rd</sup> December 2017**. All Club members are required to help as this is the Club’s big day. If you don’t have a role yet, please contact Russell Taylor, Sam Fee or Kevin Battell.

### SGP results

Here is the update for the Sussex Grand Prix 2017 results with only Crowborough 10k race to go!

Name	Sex	Club	SGP Id	Cat	No. of Races	SGP TOTAL
Oliver Welch	M	CROWB	6792Wel	S	5	2354
Kevin Battell	M	CROWB	1373Bat	V3	5	2174
John Tighe	M	CROWB	1404Tig	V3	5	1969
Chris Ashby	M	CROWB	7337Ash	V3	4	1791
Terry Harvey	M	CROWB	7336Har	V2	4	1570
Steve Bolton	M	CROWB	1183Bol	V4	3	1330
Roger Stone	M	CROWB	1398Sto	V5	3	1214
James Welbury	M	CROWB	1406Wel	V4	3	1152
Peter Woodward	M	CROWB	7167Woo	S	2	960
Paul Bailey	M	CROWB	7380Bai	V1	2	919
Joe Harvey	M	CROWB	7734Har	U	2	893
Iain Watson	M	CROWB	7803Wat	U	2	839
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
Claire Harvey	F	CROWB	7157Har	V2	8	3869
Eileen Welch	F	CROWB	6781Wel	V1	6	2830
Vicki Whitehorn	F	CROWB	6896Whi	V1	5	2420
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

The following members have a place in the top 10 in their age Group:

Mens - Kevin Battell 9th. Ladies - Claire Harvey & Maggie Bradgate 3rd, Eileen Welch 6th and Vicki Whitehorn 7th.

Looking through the results there are many members that would have achieved a higher placing within their age group if they completed the required amount of races. Below is some information about the SGP races generally and some changes to the format for 2018 season.

### **SGP Generally:**

For those of you new to the SGP, the Club participates in the Sussex Grand Prix, a series of road races run throughout the year. The Crowborough 10K is part of the series and is usually the last of the Sussex Grand Prix races. Members can compete individually, and the Club can compete as a team. Individual prizes are awarded in gender and age group categories for participants completing the requisite number of races (previously 8 out of 17 races in a calendar year) based on the number of points accumulated over the 8 races. In the past, the Club has had age group winners and placed athletes in this competition (Mary Nightingale, Maggi Bradgate, Brenda Styles, Claire Harvey and Peri Cheal to name a few). The Club tries to encourage members to participate in some of the races and to complete the required number of races to enable them to compete in the overall individual competition.

### **Changes to the SGP in 2018**

For the 2018 season, the number of races has been reduced from 17 to 10 and participants must complete at least 6 out of 10 races to compete in the overall individual competition. There is no requirement to complete 2 longer races anymore. We would like to encourage as many of our members as possible to compete in the series in 2018, particularly as you now only have to complete 6 races throughout 2018 and there is no requirement to do 2 runs of at least 10 miles or longer.

The races for the 2018 Series are as follows:

Dates in **red** are to be confirmed

- 1 March 18th **Hastings Half**
- 2 May 13th **Hastings 5 Mile**
- 3 May 20th **Horsham 10k**
- 4 June 24th **Heathfield 10k**
- 5 July 1st **Bewl 15**
- 6 July 11th **Phoenix 10k** (Wednesday)
- 7 September 9th **Hellingly 10k**
- 8 October 7th **Lewes Downland 10 mile**
- 9 October 28th **Hove Prom 10k**
- 10 December 2nd **Crowborough 10k**

The Club will be targeting the Hastings 5 mile, the Horsham 10K, the Heathfield 10K the Hellingly 10K and the Hove Prom 10K as the races we would like as many of our members to do as possible.

For ease of reference, we have set out below further information directly from the SGP website.

<http://sussexgrandprix.co.uk/news/2017/2018-race-calendar/>

The Sussex Grand Prix race [calendar for 2018](#) looks a little different.

From 17 races to 10.

There are also revisions to the scoring, both for individuals and teams.

### **Individual scoring**

The number of scoring races is reduced from best 8 to best 6. Points allocation remains the same: 1st-500, 2nd-499, etc.

There is no longer a requirement to run 2 or more long races (10 miles+).

### **Team scoring**

Team leagues will now be compiled on a race-by-race basis, with points awarded for each clubs' performance at every race. Points will be carried forward to the next race, producing an ongoing total throughout the year.

Clubs will be scored on their best 9 races from 10. This is so that small clubs are not penalised at their own races when many club members are often assisting with marshalling duties. Full details of the team scoring system, including the size of the scoring team are yet to be finalised, but it is likely that all club members will contribute to a team's score in some way. For example if the first 20 runners in a club form the team score, all other members of the club will contribute by affecting the points of competing runners finishing behind them. The scores for men and women will be separate to form a men's league and women's league. There will also be a combined league to decide overall club champions

## Scoring

### Individuals

Best 6 of any races to score.

There is no requirement to include long runs (10miles+) within those 6.

500 pts for 1st place, 499 for 2nd, etc.

Genders scored separately.

### Teams

Each race scored separately, best 9 of 10.

Teams will be awarded points for each race.

Separate leagues for men and women.

## Up and Coming Social Events

**Christmas Lights Run – Wednesday 13<sup>th</sup> December** a shorter than normal Wednesday run to admire the Christmas lights around Crowborough followed by mulled wine and mince pies hosted by Sue and Tim Newman. Meet at 7pm for a 7.15pm start just outside Sue's house:

8 Willowmead

Crowborough

TN6 1LW

Santa hats, tinsel and other appropriate decorations welcomed.

**Sue needs to know numbers by Sunday 10th** so please get back to her asap if you intend to come along:

[sue.crowboroughrunners@btinternet.com](mailto:sue.crowboroughrunners@btinternet.com)

**Christmas Eve Run** – Christmas eve falls on a Sunday this year. We do not yet have anyone who can host this social, morning run. Volunteers welcome. If you can do this, please contact Swati by email ([swati.patel1@btinternet.com](mailto:swati.patel1@btinternet.com)). This is usually an off road country route of between 5/6 miles followed by some seasonal light refreshments.

**New Year's Day Run** – A social run on the Ashdown Forest starting at 11am from the Black Hill Car Park. Family members, walkers and dogs welcome. We don't have anyone who can host refreshments afterwards so if you can do this, please contact Swati by email ([swati.patel1@btinternet.com](mailto:swati.patel1@btinternet.com))

**Christmas Party** – The Christmas Party this year has morphed into a Burns Night Party on **Friday 26<sup>th</sup> January 2018**. More information to follow in the next newsletter but in the meantime, save the date and kilts at the ready...

### **CR Club Forum**

Here you can find details of upcoming runs and other useful information. Access the forum via the [Crowborough Runners](#) site. Password goldsmith. (**Note: all lower case**)

### **Run Together website link**

<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.



## Training Sessions

Just a reminder to all members of the training sessions that the Club runs each week for members and juniors, and please don't forget to wear reflective clothing, flashers, head torches etc for winter evening road sessions. You must be mindful of keeping yourself safe when running on the roads in the dark.

Monday Evening 7pm: Beginners / Recovery Track session. All members are welcome to attend but this is NOT an interval session.

Tuesday Evening 6.30pm: Interval / Speed Track Session.

Wednesday Evening: Social / Recovery run starting at Goldsmiths. 7.15pm first group, 7.20pm second group, 7.30pm third group.

Thursday Evening: Longer faster run of 6 miles+. If you are interested in attending this session, please contact Eileen Welch [eileen336@btinternet.com](mailto:eileen336@btinternet.com)

Saturday Junior Track Session 9.45am: Juniors from aged 8 to 18 welcome.

Sunday Morning: Ad hoc longer runs. Please check the Club Forum for details of specific Sunday runs. On the next page you can see an example of the funny things runners get up to when out on a Sunday morning run.....as if he wasn't tall enough already.



*Peri, were you in the middle of doing your washing up? -ed*

## 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 6 miles, 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 Eileen and Ollie Welch. 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 Managers and SGP	Eileen & Ollie	Welch
Membership Secretary	Ron	Cutbill
Treasurer	Sarah	Hilliard
Club Captain	Sharon	Wheeler
Newsletter Editor	Mary	Nightingale
Social Secretary	Vacant	post
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:

Caption suggestions to the editor please

