

# The Crowborough Runner

---



December 2017

---



## In this issue:

- 10 k results; XC and Club championship latest
- [Christmas runs for your diary and Burns Night supper details](#)
- All you need to know about marathon running (and more), from Pete W.
- Mike Gratton training session 13 January; Nutrition session with Izabela 20 January

Next issue end Jan, send me all your reports by **22 Jan** please.  
[mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)

### **Crowborough 10k**

Good conditions for the Crowborough 10k encouraged a record number of entrants this year, with over 500 registering for the hilly, 2 lap course and the 5k single lap route, last weekend. This was the final race in the Sussex Grand Prix season and local club runners were out to pick up the last points before the league places are finalised.

10k winners:

Male: 1st Simon Heath, 33.58; 2nd Will Levett 34.36; 3rd Angel Lopez Caceres 35.19;

Female: 1st Maria Heslop (Tonbridge ac) 38.40; 2nd Sue Fry (Halisham Harriers) 40.10; 3rd Katie Morgan (Haywards Heath Harriers) 41.52

5k winners:

Male Francois Toullec 20.23; Female Amanda Duplock 29.16.

The organising club, Crowborough Runners, fielded 3 club runners:  
Eileen Welch 50.19; Ollie Welch 50.20; Sally McCleverty 51.56.



Crowborough runners would like to thank their sponsors, without whom the event would not be possible:

Coppard Plant Hire Ltd; Keogh Caisley solicitors; Michael Brooker Estate Agents; Freedom Leisure; Horder Centre; Global Travel; Phillips Man Shops. They are also most grateful for the marshalling support provided again by Crowborough Lions to whom £400 has

been donated from race proceeds to go towards local charities.  
 Next year's race: Sunday 2 December, 10am.

### New Place Farm Cross Country

After 3 races we are 2<sup>nd</sup> in the league after Lewes; a great result so far. Well done to Pete Woodward for securing 2<sup>nd</sup> place on Sunday at New Place Farm and Eileen, first in for our club ladies. Great to see Nat and Dave Potts back in the team. Next race 14 Jan, Black Cap.



POS	NAME	TIME	CAT	PTS	T.CAT	T.PTS
2	PETER WOODWARD	30-09	SM	199	SM1	2
4	SOTT RICHARDSON	30-24	SM	197	SM2	4
27	JAMES CLARKE	33-40	M45	175	M401	27
30	OLLIE WELCH	33-55	SM	172	SM3	30
31	STEPHEN HUDSON	34-15	SM	171	SM4	31
38	ALAN BUCKLE	34-40	M55	165	M501	38
39	DAVE POTTS	34-43	M50	164	M402	39
41	PAUL BAILEY	34-47	M40	162	M403	41
47	ROGER MOORE	35-34	M50	156	SM5	46
57	MICHAEL PAIN	36-12	M50	149	NSM1	53
68	ED MCKINNEY	37-30	M45	139	NSM2	64
77	STEVE BOLTON	37-47	M55	131	NSM3	72
89	KEVIN BATTELL	38-53	M55	122	NSM4	84
104	ASHLEY BOX	40-19	M45	111	NS	NS

105	BRYAN TAPSELL	40-20	M60	110	M601	99
107	ALAN EDNEY	40-30	M40	109	NS	NS
119	EILEEN WELCH	41-15	F40	185	F351	110
129	NATHALIE WELCH	41-46	F50	180	F451	116
132	VICKI WHITEHORN	42-10	F35	179	SW1	119
152	PERI CHEAL	43-11	F55	173	F551	131
162	PETER BURFOOT	43-42	M60	76	NS	NS
171	COLIN HARRISON	44-27	M50	70	NS	NS
173	ROGER STONE	44-31	M60	69	NS	NS
183	ALEX COLE	45-21	SM	64	NS	NS
206	JAMES WELBURY	47-14	M55	55	NS	NS
207	SHARON WHEELER	47-20	F55	148	SW2	162
210	ALBERT KEMP	47-32	M70	53	NS	NS
223	PETER MADDISON	50-07	M65	47	NS	NS
233	SARAH HILLIARD	52-05	F55	132	NSW1	170
235	BOB ARCHER	52-20	M70	44	NS	NS
253	SALLY DENBIGH	61-30	F45	120	NS	NS
254	EMMA BIRKE	61-30	F40	119	NS	NS

20 Crowborough Runners  
32 Crow/Wad Runners  
Crowborough Blue  
256 Finishers

### Park Runs

Brighton Preston Park:

201	<a href="#">Peter MADDISON</a>	27:40	<a href="#">VM65-69</a>	61.20 %
199	<a href="#">John TIGHE</a>	27:31	<a href="#">VM50-54</a>	54.94 %
148	<a href="#">James WELBURY</a>	25:26	<a href="#">VM55-59</a>	62.52 %
200	<a href="#">Christopher TIGHE</a>	27:32	<a href="#">SM20-24</a>	46.85 %

Tunbridge Wells:

37	<a href="#">Vicki WHITEHORN</a>	24:30	<a href="#">VW35-39</a>	61.77 %
56	<a href="#">Roger STONE</a>	25:54	<a href="#">VM60-64</a>	63.00 %
74	<a href="#">Stuart DIXON</a>	27:05	<a href="#">VM45-49</a>	53.60 %
119	<a href="#">Alex COLE</a>	30:41	<a href="#">VM35-39</a>	43.24 %
143	<a href="#">Annie SIDGWICK</a>	34:11	<a href="#">VW65-69</a>	62.07 %

Tunbridge Wells Park run, Dunorlan Park on Saturday, 23rd December, 9.30 - calling all Crows to be there!

### Club Championship Results at year-end

As it is so near the end of the year, these are likely to be the final results, unless anyone sends in any updates by 1st Jan. Well done Anna, Claire, Sue, Sharon, Pate, Paul, Steve and Bryan. Trophies will be awarded at the Burns Night supper party on 27 January. Last year's winners should return their trophies as soon as possible to Eileen please.

### Known results to 10/12/17

			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			
Ellefsen Rebecca	FV35	00:28:13				
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>
Dixon Deborah	FV55	00:27:42	00:59:25	02:14:30	<b>03:41:37</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	00:34:11			
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	00:30:41	00:48:43	01:59:36	<b>03:19:00</b>
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	01:38:53	<b>02:41:14</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			
Dixon Stuart	MV40	00:26:54			
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		

## Monday Night Runners

Hi Runners,

Well done this year for taking up or continuing with your running.

Just to let you know there will be no Monday sessions on Christmas Day or on New Years Day, but there is a Park run in Tunbridge Wells on the 25th!! There will be a Monday sessions on January 8th 2018. Do check the Club Newsletter and our Facebook page for other festive runs. We'll be meeting at The Cross (Weatherspoons) on Friday, Dec 22nd from about 7 if you fancy a quick drink with us.

Good Luck with your running in 2018 whether it be continuing to keep fit, working up to your first Park Run or moving up to a 10K or more and having a go at the Tuesday track session

Merry Christmas

James [www.crowboroughrunners.org.uk](http://www.crowboroughrunners.org.uk)

## Christmas Lights Run

It is a club tradition that we run around the streets of Crowborough each year to admire the Christmas lights outside many of the houses. This year we were lucky with the weather and you can see





that we had a good turnout of Santa's and penguins, even a Santa dog (thanks Roxy), followed by a tasty seasonal spread and mulled wine at Sue and Tim's. Cheers!

### Marathon Prep

I promised Mary some thoughts on marathon training after London earlier this year and it has taken me 6 months to put pen to paper – sorry! I guess the positive thing is that this will now fall as people are starting to think about Spring marathons.

I was really disappointed with how my race went in London earlier this year (First half 1.22 followed by phone call to my wife to say 'I am late!' and a stagger down the Embankment to finish in 3.07). A large part of that was down to not feeling great on the day but bloody mindedly trying to hit the same ambitious target. I also had to be a bit creative with my training this time due to changing jobs and having other commitments at home. So below, I've put a bit of detail about the marathon training that I found most effective for me and then also how I adapted that to make it fit in a busy time earlier this year.





A few years back I did a lot of research into training for the marathon and tested this over a few half marathons. I read training guides but also read stacks of autobiographies from marathon runners from the 60s, 70s, and 80s (Ron Hill, Bill Adcocks, Rob de Castella – loads of others). At the time, I was running to work and back every day and so I could run a high weekly mileage without it impacting on family life. I was targeting a sub 2.30 marathon which I felt was achievable over a timeframe of a few years but ultimately I haven't made the time to make that a reality. I found that the following worked best for me each week:

1 x long run (between 2 hours and 20 miles, progressive from an easy start to a hard finish – to and then faster than marathon pace).

1 x mid week medium distance run (12-14 miles at marathon pace, finishing a bit faster)

1 x intervals (loads of marathon guidebooks recommend only long intervals such as mile efforts and longer. I found that I needed to maintain shorter speed sessions such as 10x400 hard and back this up with regular 5k road racing during marathon training in order to maintain speed and keep marathon pace feeling comfortable).

1 x tempo (10 / 20 minutes at 5k /10k pace)

Volume – All other runs were an easy effort. I used to run twice a day during the week, have Saturday off and then do a long run on Sunday. This used to add up to 80-90 miles. The key thing is that I built up to this volume slowly over a year from a starting of point of

40 miles a week. Strangely, I found that I recovered faster at a higher volume. I certainly felt stronger and lighter on my feet. Recovery weeks – I used to do a cycle of three weeks pushing progressively harder/longer and then have a week of lower volume, usually 35-40 miles including a short (5k/5mile/10k) race.



Kent Coyote

I had this all lined up really nicely for the 2013 London Marathon when I ran my half marathon PB in the build up (73.34). Unfortunately, I got a chest infection a couple of weeks before the race and ended up not racing. This is the model that I tend to go back to when I am training for the marathon though. For the 2017 London Marathon, I ran a shorter mid week run of 9-10 miles in a lunch break because that was the best way to fit it in. I found a long flat route where I could run uninterrupted – I did these in Brighton where I was working but have also used the Forest Way in the past, which is great for this session. If not, I've also run these on the track so that I can focus on constant steady speed without any recovery. Long runs were a real issue this year as I struggled for time. I only managed about 5 or 6 runs of over 18 miles – probably partly why it didn't really go to plan. I tried a few things to fit

around commitments including running a hard (HM pace) 5 miles at lunchtime and then a steady 15 miles in the evening (hard, but effective??). I also tried running three times a day to get a high daily total. Both of these were compromises and ultimately not as effective as getting a proper long run in. I would have been interested to see how this panned out in the race but ended up with a cold on the day.

Which brings me to a final point on race prep – the taper. I have tried a few variations – tapering from 3 weeks out to running hard up to 3 days out and then just stopping until race day. Tapering too far out normally results in me feeling a bit sluggish and often picking up colds, so the balance is always to back off enough to feel rested without it being ‘too much’. I have found that about 1 week works best for me with frequency of runs maintained but reduced volume and intensity. Interestingly, I have heard Steve Way interviewed and saying that he goes for a similar approach. Steve Way also uses ‘the diet’ that Ron Hill started back in the 70s – a hard run to burn all of your carbs, no carbs for a period and then lots of carbs in a days before the race in an effort to get your body to over absorb. I’ve never been brave enough to try this as I often find my stomach is a bit sensitive in the last week with the nerves anyway. I do know people who have tried this and swear by it though. When I was training for triathlon I found that fat adaptation over a longer time worked better for me – trying to get me body off my usual diet of flapjack and chocolate bars and onto avocados, nuts, eggs – and so I generally tend to go down that route. I tend to do all of my long runs in the winter with no food or drink – I’ve just always done this but in hindsight I have realised that this helps with fat adaptation. It also fits with a memorable quote from Bill Adcock’s book: ‘it’s a race, not a picnic!’.

I guess the key thing is that all of the above is different for everybody and that it is well worth experimenting.

After all of that, I still haven’t managed to produce a marathon that I think is even close to where I should be. My PB is 2.52, set last September in a race where I set off doing a steady effort long run to see where I was before I started training for London 2017. I felt good and pushed on in the second half to finish third and surprising

myself by shaving a minute of my PB. I think that the lesson for me there is that setting off slower and building speed works better. I'm currently training for the Spine Race next summer – a multi-day long run, see elsewhere in the newsletter where hopefully I have found time to write for Mary. I am doing lots of long slow runs for this and am hoping to use this as a platform to build to a good marathon in Autumn 2018 – any recommendations for good local races?

## CHRISTMAS DIARY

**Christmas Eve Runs** - we will have three distances on **Sunday, 24th** December. There will be 5, 9 and 11/12 mile options:

The 9 & 11/12 mile runs will start at the Leisure centre reception at 09:00 and the 5 miler at 09:30. Route is all on roads and paths and the longer runs take in Rotherfield. Routes can be found in the Forum but they all start by going down the A26 to the back of the Boar's Head pub. Gather in the cafe at Freedom after the runs and we'll bring along some mince pies.

**Come and meet the Coaches** who will be having a drink at the Cross (Weatherspoons) from 7.30 p.m on **Friday, 23rd December**. All welcome.

There are no Monday sessions on the 25th or the first. No Tuesday session on the 26th. Next Monday session - Jan 8th.

### **New Years Day, Hair of the Dog, 11am**

We are happy to host runners after the New Year's day run at 12:30. Meet Black Hill car park on the Forest for a "Hair of the dog" run starting at 11. Dom says she can offer some hot soup and a few bites but would like to know numbers on [Dwelbury55@gmail.com](mailto:Dwelbury55@gmail.com).

### **Mike Gratton Training session**

**Saturday 13 January, from 9.45am at the track**

**Mike Gratton** is a former elite, long distance runner from Conisbrough, South Yorkshire, England, and a past winner of the London\_\_\_Marathon. A member of

the Kent athletics club Invicta AC, he gained a bronze medal in the 1982 Commonwealth Games marathon (2:12:06). He won the 1983 London Marathon in a time of 2:09:43, a time which places him 14th on the UK all-time marathon list.

He now runs a sports holiday company called *2:09 Events*. He has gained a recent following through a well-known online forum on the Runners World website called "Hard Training with Mike Gratton."

Mike will spend the first hour on the track with us, doing reps and introduce periodization training, followed by a Q and A session in Godsmiths.

All abilities welcome. James needs names please so please get back asap, direct to James if you intend to come along:  
<mailto:jamestherunner@tiscali.co.uk>

### **Reminder New Date for Free Q&A session with Izabela – Saturday 20<sup>th</sup> January**

Now that we are well into winter, your energy levels and vitality are even more important for your running.

So if you want to kick start your New Year running goals 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 20<sup>th</sup> January, 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).**

Register by **18<sup>th</sup> January** to secure your place for this free Q&A session by:

Email: [izabela@izabelatolowinska.co.uk](mailto:izabela@izabelatolowinska.co.uk)

Website: [www.izabelatolowinska.co.uk](http://www.izabelatolowinska.co.uk)

Tel: 07909 976586

You are welcome to come to both the yoga and Q&A session or either of them. If you can't make the session date, don't worry just register for future offers and one-to-one sessions.

## 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.

## Burns Night Supper, trophy presentation and quiz night; 27 Jan.

This is a club subsidized social night open to all members and partners. Come along for an informal, fun night with good food. Email Swati to request your tickets [swati@huntersconsulting.com](mailto:swati@huntersconsulting.com), by 7 January latest. Swati will get back to you with payment details.



Kilts at the ready...  
Crows and their partners are invited to  
a

**BURNS NIGHT SUPPER  
&  
QUIZ NIGHT**

**Saturday 27<sup>th</sup> January 2018  
Crowborough Beacon Golf Club  
7pm -11pm**

**Tickets £20 per person (members and  
partners)**

**Includes 3 Course Meal  
Prizes for the Winning Quiz Team  
No more than 6 people per team**

## 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
- 

### Last Month's Caption Comp:

There is a certain theme to the responses this month, maybe inspired by the boggy running conditions recently. Disappointed not to get a contribution from Lou.

Winning entry:

Some say my running is a FL'ASH' in the pan, and by the way who didn't replace the loo roll?

(Do you think this is from Elaine or Russell?)

Ashley said, " I can't find the toilet paper" (Thank you John Lowden)

After over indulging the night before, Ashley blows the bloody doors off. (Thank you Bryan)



This month:



Caption suggestions to the editor please:

[mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)