

The Crowborough Runner



JANUARY 2018



In this issue:

- Crows and Waddies still 2nd in the XC after Lewes
- Plenty of PB's at a chilly Farnborough half M (and Sharon breaks 2 hours, hurrah and well earned congratulations!)
- Ladies team 1st at Lamberhurst 10k
- Sarah and Pete both need sponsorship for good causes. Let's be generous.

Next issue end Feb, send me all your reports by **26 Feb** please.

mary.nightingale@hotmail.com

Lamberhurst 10k

Crowborough Runners had a successful start to the new running year at the Lamberhurst New Year 10k. It was a very wet start on a tough hilly course. Ollie Welch was 1st back for Crowborough Runners in 4th place and came 3rd in age group with his time of 39.38. Eileen Welch was 5th lady and 1st for the club, coming 1st in her age group in 48.19. Crowborough Runners ladies took the 1st Ladies Team with Eileen, Claire Harvey and Vicki Whitehorn.

Ollie Welch 39:38
Chris Ashby 46:25
Iain Watson 46:45
Eileen Welch 48:19
Claire Harvey 49:42
Vicki Whitehorn 50:16
Marije Field 1:00:34



Lewes Cross Country



Roger Stone looking happy as he storms ahead of Colin Jackson

The combined Crowborough Runners and Wadhurst cross country team had another strong performance in the 4th East Sussex Cross Country League race of the season, this time coming second to Lewes at their own event which took the competitors on a steep run up to Black Cap and back. With just 2 more races to go, the team remains in second place in the league just two points behind Lewes and 10 points in front of third place Hailsham.

First lady in for Crowborough was Eileen Welch in 43.52 and first male, husband Ollie Welch, in 36.02. Three runners came in the top three for their age categories. Well done all:

Nathalie Welch 3rd F50

Peri Cheal 2nd F55

Bob Archer 3rd M70

19	OLLIE WELCH	36-02
31	ROGER WATTS	37-22
52	DAVE POTTS	38-35
55	BEN MORRIS	38-47
80	JOE HARVEY	40-30
87	JON JAMES	40-44
104	STEVE BOLTON	41-28
114	KEVIN BATTELL	42-15
123	ASHLEY BOX	43-08
132	EILEEN WELCH	43-52
138	BRYAN TAPSELL	44-33
140	NATHALIE WELCH	44-48
142	VICKI WHITEHORN	44-54
161	PERI CHEAL	46-15
166	ALAN EDNEY	46-43
186	CLAIRE HARVEY	47-46
200	TERRY HARVEY	48-43
207	ROGER STONE	49-11
234	SHARON WHEELER	51-56
263	SARAH HILLIARD	57-48
264	BOB ARCHER	58-03



Thumbs up from Ollie and Roger Watts



Vicki giving Bryan a wide berth as he chats with the ladies

Farnborough Winter Half Marathon



Somebody get Iain a jacket!

It was a snowy, cold, wet and windy race! However quite a few PB's were had and huge congrats to Sharon final cracking the 2 hour barrier. Well done!

Congratulations Paul, Iain, Sharon and Terry.

Paul 1:30:22 **PB**

Joe 1:35:24 and 3rd junior

Chris 1:39:55

Iain 1:40:08 **PB**

Claire 1:42:40

Kevin 1:46:23

Terry 1:58:22 **PB**

Sharon 1:59:14 **PB**

Swati 2:01:32



Two and a half pints of Harvey's

Canterbury 10

Peter and James “had a plod round the Canterbury 10 today” Over 1700 runners so it was a very slow start for the first few miles as the course climbs out of the outskirts of the city onto narrow muddy farm trails then small lanes around Canterbury. Couple of nice hills around 5 then 7 miles with 405 feet of climbing overall. V cold but we had a dry race more or less until some sleet and snow in the last 400m. Nice medal with cathedral engraved on it. James 1:36; Peter 1:39.



Park Runs

This is Jamie Woolgar celebrating reaching his 2017 1000 mile challenge completed at the Bedgebury Park run! *Well done Jamie.* Six Crows ran this one and it was James's 50th Park run. Testing course with 260 ft of climbing overall.



9	Jamie WOOLGAR	22:01	VM35-39	60.26 %	M	9
16	Kevin BATTELL	23:00	VM55-59	66.81 %	M	15
45	James WELBURY	27:59	VM55-59	56.82 %	M	39
53	Peter MADDISON	29:24	VM65-69	57.60 %	M	45
106	John TIGHE	38:15	VM50-54	39.52 %	M	71
59	Christopher TIGHE	29:40	SM20-24	43.48 %	M	
Stuart Dixon did the TW run today, Sun 30th -						
100	Stuart DIXON	30:36	VM45-49	47.44 %	M	78

SDWR 2018, Saturday 2 June

Interested in seeing what happens in this annual, 100 mile team event? Why not volunteer to marshall for a few hours on the morning at our club checkpoint (Bo Peep car park). Plus the team needs a driver and a navigator/2nd driver. Contact Mary or Roger Stone for more info.

Mike Gratton training session: Saturday, 13th January.

On a very cold and blustery January day, former London Marathon winner Mike Gratton delivered a hard track session to both adults and juniors with 34 juniors and a dozen adults on the track. Mike took us through some dynamic warm up exercises explaining how important it is to do non-static warm up drills before training. He then gave us the following drills, involving four fast 800s with faster shorter intervals in between each 800 followed by an interesting presentation about training.

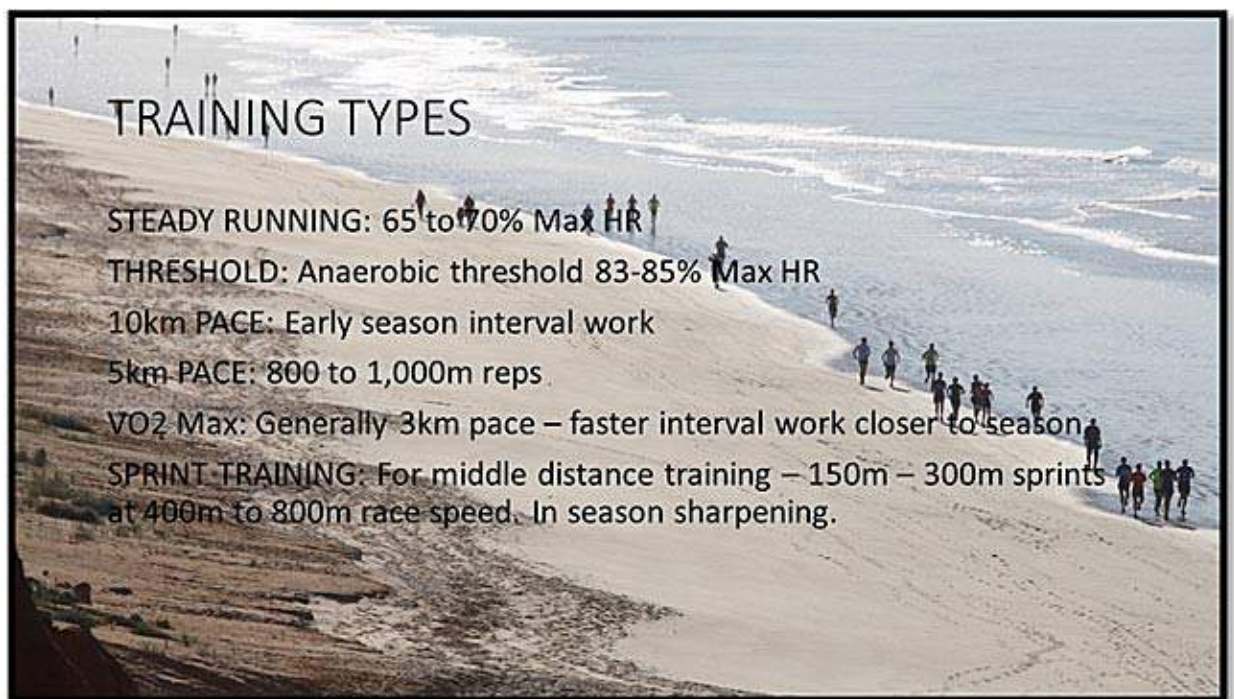
The session was: 800 fast (5k pace), recovery 90 secs, 400 v fast, then 800, 300 v fast, 800, 200 v fast and 800, 100 v fast plus cool down. (Nobody was cold after that despite the biting cold wind.)



Periodisation: Mike explained that marathon training typically worked on 16 week programs with the first 7/8 weeks with a high percentage of

training (90%) at steady paces especially the long runs with only 10% at a fast pace (e.g.5k) then you need to ramp up the training to a maximum of 20% of running at a faster pace whereas if you are a middle distance track runner, you do more training at a faster pace, per the slide. He also explained that for marathons the earlier longer runs should be at below marathon pace (and no longer than 3 hours) but that you need to incorporate marathon pace and some slightly faster paces into your longer runs as you get nearer your race. A similar principal can apply for half marathons.

Slide Two - this details all the different running paces that you will hear your coaches and club mates mention. HR = heart rate so if you have a Heart Rate monitor you can try this out but basically your steady runs should be no more than 65-70% of our maximum heart rate and threshold is 83-85% of your max heart rate (or roughly 10k-10 mile pace or "three word pace".)



In Mike's Facebook comments Mike mentioned his trip to Sussex, "Great enthusiasm and a group with ages 11 to 60+ to coach. Crowborough Runners look like a club that are doing it right". Thanks for the accolade and thanks for coming Mike!

[Sarah Hilliard is running the Brighton Half Marathon, 25 February 2018 in aid of Macmillan Cancer Support](#)

It's 2 years since I last ran a half marathon race or that distance, so it's quite a challenge. I wanted to set myself new goals this year and help others who are less fortunate than me. Macmillan Cancer provides invaluable support for people and their families trying to live with cancer.

I know there are many demands on your pocket but I have to raise a minimum of £200 for this charity as I have a sponsored place in the BHM. I have set a higher target at £500, which would be fantastic to achieve.

My training is going well, I completed 10 miles today 21 January in snow and I have 5 weeks to go until the race. I won't be speedy but I know I can do it!

If you can, please pledge £5 or more through my Justgiving page

<https://www.justgiving.com/fundraising/Sarah-Hilliard3>

Or if you prefer, you can give me a cheque payable to Macmillan Cancer Support or cash.

Thank you so much for reading this and any donations.

Sarah

[Why I am running the 268-mile Spine Race to raise funds for Jarvis Brook School \(Pete Woodward\)](#)

Jarvis Brook School is a primary school in Crowborough, East Sussex. My two young sons attend the school. The school is an inclusive, positive school that puts the children at the heart of everything. The school is currently working hard to improve all of its outside space and I would like to do what I can to contribute to this very worthy ambition.

Jarvis Brook School is lucky as it does have a playing field, but unfortunately the lack of adequate fencing means that it is not currently safe or secure enough for the children to use it on a regular basis.

Our aim is to fence the playing field so that the children can use it as

often as weather conditions allow, initially at break times and PE lessons. Once the field is fenced, this of course opens up other outdoor learning opportunities for the children.

A quote has been obtained for the fence and is in the region of £10,000; which is my fundraising target. Subject to successfully raising the required funds, the school plans to install the fence during the summer break of 2018. Following the installation, the fence will fall within the ownership of the school and be covered by them for any required future maintenance.

Why is green outside space so important for children?

The JNCC* states that children who play in green spaces have been shown to concentrate better, play in more creative ways, have higher self-worth and cope better with stressful events, than children with less access to nature. Additionally, they have found that twenty minutes spent in a green park may actually be as effective as medication in controlling Attention Deficit Disorder symptoms.

I strongly believe that having access to green space is a vital part of growing up. Be it to simply run around and have fun, to provide an opportunity to discover nature and a love for the outdoors, not to mention the obvious huge health benefits both physically and mentally. I am therefore aiming to raise £10,000 to enable the school to fence the field and I really hope that you can be a part of this project.

What is the summer Spine Race?

The Spine Race is described as 'Britain's most brutal summer race'. I will be running the full length of the Pennine Way; covering 268 tough miles over boggy moorland and rocky mountain tops. The race starts in the Peak District and finishes north of

the border in Scotland. The race is run non-stop, day and night, and the fastest can complete the challenge in less than 4 days.

As such, the Spine Race is generally regarded as one of the toughest running events in Europe, attracting an international field of experienced racers. The route starts in Edale in the Peak District and follows the full 268-mile route of the Pennine Way to finish in Kirk Yetholm in the Scottish borders via 5 checkpoints. Aside from the checkpoints, no support is provided either for navigation or sustenance.

Racers are tracked using GPS units to ensure that they follow the correct route and also to provide a real time snapshot of race progress and positions via the website. The clock does not stop from the start in Edale until the arrival in Kirk Yeltholm. With even the fastest taking around 4 days to complete the run, this means that deciding when to sleep and for how long is a key part of race tactics. Racers often snatch only around 2 hours a night and run through the dark hours in order to maximise progress.

Whilst I have some good experience of long runs in mountainous terrain, this race is a significant step up and will test me to the limit. I wanted to choose something that will put me right out of my comfort zone in order to maximise the chances of raising the funds for this project.

Who am I to take on this challenge?

I am a runner based in Crowborough, East Sussex, and I run for Crowborough Runners. I have been a competitive runner for over 20 years and have won County and Regional titles on both track and country, raced triathlon for Great Britain and previously successfully completed tough endurance challenges.

Since having the first of our two children in 2012, I have raced locally and represented Crowborough in the East Sussex Cross Country League, which I won in 2015. The Spine Race will be my biggest challenge to date and whilst I have positive experience that will help in my preparations; this is a challenge that will put me significantly out of my comfort zone. This is not the kind of race that I run every weekend!

I am really looking forward to supporting the school through this run. I have previously done an assembly at the school on the London Marathon and will be engaging with the school through this challenge to provide a positive learning experience for the children.

How can you support the challenge?

I am looking for businesses and organisations to support this challenge by donating to the cause. Any contribution towards the cause will be greatly appreciated. All contributors to the project will receive a regular newsletter with updates on preparations for the run and the provision of the fence and the benefit provided to

the school. In addition, I am offering a Premium Sponsorship Package to a limited number of organisations and I have outlined the specific benefits below.

If you are interested in supporting this challenge, please visit our fundraising web page in order to make donations directly, or please do contact me to discuss the packages that I am offering and how you may wish to support the challenge: pete.woodward@live.com.

<https://mydonate.bt.com/fundraisers/petewoodward1>

What is the Premium Sponsorship Package?

Any contribution that can be provided towards this cause is greatly appreciated.

In addition, I am seeking a limited number of organisations to become project partners through the Premium Sponsorship Package. This is a unique opportunity to partner a fund raising project through a high profile international event.

For a donation of £2,500 each, organisations will be provided:

- A presentation/motivational talk to your staff and/or clients by myself on the preparation and attempt at the Spine Race. I have experience of delivering such talks and am an experienced speaker.
- Your company logo on my event t-shirt that will be worn for any photo- shoots, media coverage and presentations. Media coverage is currently agreed with the Kent & Sussex Courier and additional coverage is being negotiated with other outlets (including an international running podcast with 5 million downloads per week).
- Your logo on the regular newsletter to be distributed to all project sponsors, the school and parents of the children at the school. I look forward to hearing from you and thank you in advance for any support. Pete Woodward

* The Joint Nature Conservation Committee (JNCC) is a statutory adviser to UK government and devolved administrations.

Snail Race Evening in aid of Eridge Riding for Disabled Group

Friday 16 February 2018 at Crowborough Social Club, 7 for 7.30 pm start

Fun Family Event, bar, raffle, Starring Host Peedy Parrot!

Admission £12 incl buffet supper.

Yes it is possible to race snails!

I am helping to get tickets sold for this event, as I volunteer Mondays weekly term time to assist with the ponies and riders for this growing charity group which is fully reliant on donations. The young people and adults who attend get so much benefit from riding the ponies despite their disabilities. It is so rewarding for the volunteers but we need to raise funds as operating costs are ever increasing.

If you would like to find out more or purchase a ticket please contact me:

Sarah Hilliard, 07867 318619

More info at: www.fundeo.com

Yoga for Peak Performance

Have you ever wondered whether there are ways to improve your performance - whether that is as a serious runner or someone who likes to just go for a jog in the fresh air?

You may have noticed that more and more athletes are using yoga as a means of improving their performance and also their powers of focus and concentration and at the same time benefitting their wellness by avoiding injury with brilliant results. And the trend is growing!



To quote footballer, Ryan Giggs “I’m a complete convert to this way of training and the benefits to my career have been huge.”

Working on your inner and outer game

It is well known that improving your flexibility and balance and enabling your body to move in the best way it is able will generally enhance your performance. Another key notion to consider is your inner focus and ability to move skilfully and easily as you move. The principles of yoga in providing a focal point for you minimising unwanted distractions allowing you to keep your attention on your outcome or goal.

Breathing

Breath awareness and control are an integral part of yoga practice and can be ignored in the moment when most needed! Tension in the body can arise when there is a lack of oxygen. In a stressful situation, the tendency is to hold the breath either consciously or unconsciously or to breathe only in part of the chest. This can lead to a momentary reduction in lung capacity - a lack of reduction of oxygen can cause muscles to freeze and if the reduction continues a lack of oxygen to the brain can cause a mental freeze as well!

Learning breathing techniques through yoga that you can rely on can will build awareness and provide tools you can add to your sports and life toolbox to help you.

Relaxation

The ability to relax in a tense or critical moment is always helpful and can help provide that extra edge of performance. Anxiety can have an affect on breathing and focus as well as muscle energy. Finding that “extra something” or that “extra softness” in your movement will make all the difference to performance and enjoyment in what you are doing.

If you are interested in trying out yoga - give it a try! There is already a class running in Crowborough attended by Group members. Saturday mornings at St John’s Church Hall, St John’s Road either 10.15 am start or 11.15 am start and Tuesday evenings at the same venue starting at 7.30pm. During January 2018 there are special offers running - please contact Shirley Mutter on info@infiniteyoga.uk for more information and to answer any specific questions you may have.

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.

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 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 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:

Last month:

“Roger emerges from the swim at the Crowborough Triathlon”
(thank you Bryan)



This month:



Caption suggestions to the editor please.