

The Crowborough Runner



April 2018



In this issue:

- Manchester, Brighton and London Marathon results
- Important reminders – club subs are due and membership forms should be returned to Ron
- Beginners news

Next issue end, send me all your reports by 29 May please.

mary.nightingale@hotmail.com

Manchester Marathon

I booked the Manchester marathon on 8th April with the aim of getting a PB on a flat course in the build up to Ironman UK and Outlaw 2018. However it was not meant to be my PB course this year due to injury and poor nutritional tactics. Note to everyone don't try new gels in a race unless your willing to be throwing up after every one! I will try this course again may be in 2019 any other Crows fancy a trip?

Course 26.4 miles time 04:02:05

Iain, You need Izabela's Nutrition session, 16 June - ed



Brighton Marathon

Oliver welch 3.07.59

Tim Newman 3.39.47

Eileen welch 3.42.07

Alex Cole 4.10.28

Swati Patel 4.12.31

Vicki Whitehorn 4.14.32

Tony Lavender 4.30.31.Heathfield/Crowborough runner.

Sharon Wheeler 4.39.58



Virgin Money London Marathon

Ollie London: 3.23

Eileen London: 4.10

Roger Watts: 3.44

Alex Cole: 4.40

Harriet Chalmers 4.40

Mo Farah 2.06 (new British record)
Tracy Partridge 2.29 (1st British lady)

What a fantastic experience, we loved every mile, it was the hottest London marathon on record, crowds were amazing, Marshalls were absolutely great. Ollie



Sussex grand prix

SGP – The next race is Hastings 5 Mile on Sunday 13th May 2018.

Beginners

News from the Beginners group is that, well, we have new folks starting all the time and those that have been for a while are really improving.

The spreadsheet below lists those who completed a mile time trial on Monday last. Big congratulations to Denise Pagett (Ian Gowing's partner) and Elise Box who ran their first ever mile! Other beginners can see how they are improving and I'm now hoping some will move on to the Tuesday group and perhaps join in Weds runs. As a number of Crows are doing the Park Run in Tunbridge Wells on Saturday, I hope some of the group can consider doing their first Park run. All are welcome to ask Club Coaches about training and nutrition.

We had some ringers turn up on Monday too to run the mile..... Ollie did 5.54 and should have rested after his marathons! Jamie Woolgar did 6.01 and Chris Ashby and Ashley couldn't catch him in 6.13 and 6.25. Young Tegan Roberts joined in and did 6.44 with Vicki following on in 7:06.

James

Beginners 1 Mile time trial:

Name	Time
Becky Ellefson	07:20
Mary Down	07:49
Lyndsay Black	07:57
Sammy Fee	07:57
Stuart Dixon	08:12
Yulia Francis	08:15
Becky Petit	08:23
Bob Archer	09:03
Tony Field	09:16
Michelle Field	09:32
Ann Watson	09:33
Zoe Bailey	09:35
Denise Pagett	11:04
Elise Box	12:07

Reminder: Club Membership Subscription 2018-19 due by 30 April

As at 24 April 45 members have paid up their subs, thank you very much for prompt payment, this leaves about 40 still to pay though. Until you have paid the Club, your England Athletics affiliation is expired and so is your club membership!

Please can you pay your subs £30 as detailed in last month's newsletter either by:

1. Online bacs payment direct to the Club, bank details remain the same but if you need assistance please contact Sarah Hilliard Treasurer on 07867. 318619.
2. Cheque payable to Crowborough Runners and either handed to Sarah, Ron or any Club Officer or posted to Sarah Hilliard at 90 Millbrook Road Crowborough TN62SA.

Thank you again.

Sarah

Reminder – Membership forms

A reminder for those that haven't done so, to complete and send their updated membership forms to me please.

Many thanks

Ron

Save the Date

Follow up Nutrition session with Izabela Tolowinska – Saturday 16th June

Following on from the Nutrition Q&A session in January I am pleased to let you know of another one on 16th June.

If you are interested in finding out more about different foods/snacks to incorporate into your daily life and/or fitness programmes then come to

this interactive talk. You will have the opportunity to sample a variety of snacks and foods.

More details to follow in next month's newsletter but in the meantime **Save the Date.**

Venue

Saturday 16th June, 12.30pm – 2.00pm, at St John's Church Hall (near the Horder Centre Hospital), St John's Road, Crowborough TN6 1RZ

Email: izabela@izabelatolowinska.co.uk

Website: www.izabelatolowinska.co.uk

Tel: 07909 976586

[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

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	Sue	Newman
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:



From Peri:

- *Vicky and Ashley in the land of the giants*
- *Bryan and Tony in the land of the fairies*

From the Taylors:

Vicki, is it right foot with left hand or right foot with right hand or is it your go Ash?

No Caption comp this month - Please keep the funny photos coming, don't be shy!! - ed