

The Crowborough Runner



July 2018



It's been a fabulous summer for Wednesday evening pub runs: Rotherfield

- Eileen and Claire 2nd and 3rd ladies at Uckfield 10k
- Pete Woodward's incredible 4th place Spine Race achievement
- Lots of super hot running this month but, did you know, only 146 sleeps till Christmas?! **Save the date 8 December club Xmas party**

Next issue end August, send me all your reports by Tuesday 28 August please. mary.nightingale@hotmail.com

Uckfield 10k

Ollie Welch 44:28 (4th place)
Chris Ashby 48:38
Tony Lavender 50:04
Eileen Welch 53:03 (2nd female)
Claire Harvey 55:14 (3rd female)
Louise Ellis 61:40
James Welbury 64:25
Roger Stone 64:33
Sarah Hilliard 72:42

This was a very hard race due to the excessive heat on an undulating trail course. Good turn out for Crowborough Runners supporting the Lions Club and their chosen charity, Prostate Cancer.

Well done all but especially Eileen, Claire and Ollie.



Bewl 15

Here are the results of the Bewl 15 SGP race. It was an extremely hot day which affected everyone's times. Was not a PB day.



Ollie Welch 1:56:22
Tony Lavender 2:12:28
Jamie Woolgar 2:14:05
Eileen Welch 2:34:25
Tony Hufflett 2:38:19
Sharon Wheeler 2:59:48
Deborah Dixon 3:18:07
Claire & Terry Harvey 3:36:05

Worthing Park Run

This is supposed to be a post park run cool down:



Leybourne Park Run

Three (not so wise) monkeys after the Leybourne Park Run near West Malling during this summer's "Crows on tour" park run tour.....

Nice two lap course around lakes although paths, quite rough.



Luna Tic marathon



Here are the results of the Lunar-ticket Marathon held on Saturday 21st July 2018.

This was a hard although flat, very rutted under foot race with 5' grass paths to fight through! Running in the dark was mind bending to get through. Everyone who competed did well.

The results are as follows:

Ollie Welch 3:45 came in 7th place

Eileen Welch 4:14 in 21st place and second female. Jamie Woolgar 4:22 24th place considering running with a ham string injury. Sharon Wheeler was unable to finish, she ran well to complete 20 miles until feeling unwell and not able to continue. Competing against 74 Runners in total.

Was really good to see Kevin on route otherwise I don't think either of us would have finished. Eileen.

[Romney Marsh 10k](#)

Mr and Mrs Harvey looking surprisingly cool despite running in 32 deg.



Elmbridge 10k

John et moi joined nearly 700 runners at a ridiculously hot Elmbridge 10k. It was a new course starting on the brand new Walton u/ Thames track going down to the Thames Towpath on dusty trails. Lovely Riverside course out and back for the most part on the gravelly Towpath even if I couldn't turn my legs over in the heat!



4th in the Spine Race, by Pete Woodward

I ran the Spine Race, starting on 23rd June to raise funds to fence the playing field at Jarvis Brook School. I really want to provide the children access to outdoor green space as a part of their school day.

The Spine Race is dubbed one of the World's toughest endurance challenges and it is easy to why with the daunting set of statistics below:

Distance: 268 miles from the Peak District to Scotland.

Terrain: Boggy moorland and rocky mountain tops.

Total ascent: 16,230m (almost twice the height of Everest).

Time limit: 7 days (168 hours).

The clock is continuous and racers can sleep for as long as they want and whenever they want but in the full knowledge that whilst they do

so, the competition is hot footing it towards Scotland and gaining crucial ground.

Hottest temperature during the race 31°C. The spectacular cocktail of extreme distance and the inevitable sleep deprivation tests racers over some of the most challenging terrain that the UK has to offer.



I ran the race in 4 days and 16 hours. This was inside last year's winning time, which was also, at that point, the summer course record. This year, that gave me a hard fought 4th place overall of which I am very proud.

For anybody interested about reading more about the race, I have written a full account here:

<https://humanpoweredadventure.wordpress.com/2018/07/06/the-spine-race/>

Thanks so much to everybody who has sponsored me for this event already – this is massively appreciated. A few of you have asked me where the fundraising page is. That is here and is still accepting donations – all greatly appreciated:

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



[5k Handicap - Stop Press: Further Information](#)

Call to all Club members for the Club 5k Handicap Run on Saturday 15 September 11am at the Track.

Following the announcement in last month's newsletter to Save The Date, event organisers Sarah and Maggi are now asking all prospective entrants and helpers (e.g. time keepers and route marshals) to send names by email to sjhilliard@yahoo.com cc maggihradgate@hotmail.com by end August 2018.

Entry is free and there will be a memento of the event to all Runners, plus an overall winner's cup and medals to first 3 in each age category. And we are planning a post run social event too. 12 noon onwards.

Be there as a runner or helper or be square! It's fun to run
Sarah

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.

Save The Date: 8 December; message from Lyndsay and Yulia

We are pleased to announce the date for the Crowborough Runners Christmas Celebration Meal and Disco. The evening will involve a 3-course meal, photo-booth, magician, and disco at the picturesque Barnsgate Manor Hotel and Vineyard. We are offering the evening at a special subsidy price for members. So please save the date and bring along your spouse on Saturday 8th December 2018 for a fabulous evening of Christmas celebrations.



SGP Race Calendar:

7	September	9 th	Hellingly 10k
8	October	7 th	Lewes Downland 10 Mile
9	October	21 st	Hove Prom 10k
10	November	25 th	Crowborough 10k

FREE Wealden Activity Days



Activity
Sessions

A Great
Family Day Out

Fire Safety



FREE Wealden Activity Days this Summer! 10am till 2pm

Wednesday 1 August

Goldsmith Recreation Ground, Eridge Road, Crowborough, TN6 2TN

Friday 3 August

Western Road Recreation Ground, Hailsham, BN27 3DY

Wednesday 8 August

Sheepsetting Lane Recreation Ground, Heathfield, TN21 0XG

Friday 10 August

Wannock Road Recreation Ground, Polegate, BN26 5JG

Wednesday 15 August

West Park Recreation Ground, Markland Way, Uckfield, TN22 2DE

For more information, please contact the
Community & Regeneration Team: 01323 443266

Under 10's must be accompanied by an adult



Guide
Assistance
Only

Bring your
own picnic

Community
Chef

and lots more

All ages welcome

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	Kevin	Battell

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 Secretaries	Lindsey	and Yulia
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:



Peri:

“Was that really the Loch Ness monster?”

This month:



Crowborough Runners

Christmas Celebration Meal & Disco 2018



Barnsgate Manor Vineyard
Saturday 8th December 2018

*** Save the Date ***