

# The Crowborough Runner



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August 2018

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*Another lovely, but very hot, pub run: The Wheatsheaf; thanks Russell.*

I am a bit short on race results this month – what have you all been doing?! Lots of social news instead so, dairies at the ready:

- Quiz night details, 5 October; Christmas party 8 December, ticket details
- 5k Handicap race details, 15 September
- 25 November Club 10k – everyone needed to help please

Next issue end September, send me all your reports by Thursday 27 September please. [mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)

## Tony Lavender, Park Run and Tri results:



### 3 park runs:

	Pos	time	age category
Peacehaven	32 <sup>nd</sup>	22.03	3rd
Worthing	52 <sup>nd</sup>	22.06	6th
Hove	31st	20.44	3rd

### Ringmer triathlon

Finish 16th same as last year. But swim was bit quicker and cycling too.

Running stayed the same time as last year:

Swim 25.46

Cycling 1hrs 16 mins

Run 40 m 4s

Total 2 hrs 23 mins

*Well done Tony, good results.*

## 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](mailto:sjhilliard@yahoo.com) cc [maggibradgate@hotmail.com](mailto:maggibradgate@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

## Eridge Park 10, September 9<sup>th</sup>

Dear Fellow runners.

With three weeks to go I thought I would get in touch with some information about our race on September 9th .

This year is our 20th year so we are celebrating by serving your finishers beer in a fantastic commemorative beer glass and also there will be a prize draw for a pair of men's and women's trail shoes.

As well as the usual cake and t shirt. So if any of your members were thinking of entering please visit our website.

[www.twharriers.org.uk](http://www.twharriers.org.uk)

Kind regards, Dave, Race director  
Eridge park 10.

## Santa v Penguins 10k run

Hi all,

As you know some of us took part in the Santa vs Penguins race in aid of Hospice in the Weald last December and another opportunity to raise vital funds for this amazing local charity is upon us with the annual 10k run through closed roads in and around Tunbridge Wells. The date is

23rd September and I know this clashes with a few other local events but if you feel like a challenge in aid of a great cause, please follow the link to sign up.

<https://www.hospiceintheweald.org.uk/fundraise/event/hospice-10k-run-2018>

Thanks,  
Alex

### [Knole Park Fun Run 30 September](#)

Allow me to introduce myself I am Jay Finch from Hospices of Hope based in Otford, I am the Community and Challenge Events Fundraiser.

We are a charity who raise money for patients in Romania and South East Europe for patients with life limiting illnesses, this brings me to the reason I am contacting you

We have a fun run at Knole Park on the 30<sup>th</sup> September of 2km and a 5km for all ages and abilities so you can walk or run there is a medal for everyone and a trophy for the

Winner of the 2km and 5km ,we would love your club to take part and help us with our work and to increase the awareness in the community .

I look forward to hearing from you and your help

Thanks, **Jay Finch**

Community and Challenge Events Fundraiser

**Hospices of Hope** A: 11 High Street, Otford, Kent, TN14 5PG | T: 01959 525110 | E: [jay@hospicesofhope.co.uk](mailto:jay@hospicesofhope.co.uk)

W: [www.hospicesofhope.co.uk](http://www.hospicesofhope.co.uk)

**Making every day count for terminally ill children and adults in Romania and surrounding countries**

### [Important Information: Wednesday Night Runs](#)

Sharon says: "Please make sure you arrive at Goldsmiths by 7.15pm to be briefed on the route as the different pace groups have staggered start times. If you are a faster runner and don't arrive until 7.30 there may not be anyone there to give you the route. Thank you." Any queries please contact Sharon.



# Crowborough Runners

## Quiz Night and Bites Evening 2018

GET YOUR TEAM TOGETHER **NOW!**  
Teams no bigger than 6 people

**Special  
OFFER**  
**£5**  
Per Person\*  
Normal Price £8.99



**Main  
TEAM Prize  
&  
QUICK FIRE  
Prizes  
TO WIN!**

### The White Hart Pub

### Friday 5th October 2018

Price includes: buffet of light bites,  
fabulous prizes to win, and great company!

\*Please note: the Special Offer of £5 is for Crowborough Runners club members only. For partners of club members the price is: £8.99 Per Person

## 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

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. Now confirmed the special, subsidised, club member prices:



Member: £25

Partner: £32

To secure your place a £10 deposit pp is required. See end of newsletter for event poster.

Lyndsay and Yulia

## SGP Race Calendar:

7	September	9 <sup>th</sup>	<a href="#">Hellingly 10k</a>
8	October	7 <sup>th</sup>	<a href="#">Lewes Downland 10 Mile</a>
9	October	21 <sup>st</sup>	<a href="#">Hove Prom 10k</a>
10	November	25 <sup>th</sup>	<a href="#">Crowborough 10k</a>

## Stop Press:

Mother Mary says: “The nights are closing in – time to dig out your reflective armbands, headtorches, fluorescent bibs/hats and anything which increases your visibility to drivers. It is your responsibility to run safe. Do not rely on running in a group and assume that others will be able to protect you. Sharon has flashing armbands for sale very cheaply and there are plenty of options available in sports shops. Thank you. “

## 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! Be there by 19.15pm for briefing on the route.

**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	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:

From Bryan: "Pin the Tail on the Donkey. But, which donkey?"



**This month:**



# Crowborough Runners

## Christmas Celebration Meal & Disco 2018

**SECURE YOUR PLACE NOW!**  
Bring your partner along too!

**£10**  
Deposit  
Per Person  
Required



6:30pm - pre-dinner drinks  
disco finishes at midnight

**Special  
OFFER  
£25**

**Per Person\***  
Normal Price £40

**Barnsgate Manor Vineyard  
Saturday 8th December 2018**

**Price includes: 3-course meal,  
photobooth, mini quiz & disco!**

\*Please note: the Special Offer of £25 is for Crowborough Runners club members only. For partners of club members the price is: £32 Per Person





**Friday 19th - Sunday 21st July 2019**

## **CHAMONIX**

Welcome to Camp Endeavour - a new breed of training camp designed to take you to the next level in trail running. We are in awe of Chamonix and the incredible trails it offers. It really is an experience that you don't want to miss out on.

Immerse yourself in the landscape, the peace, the tranquility and soak up that mountain air. Every which way you look, the towering Mt Blanc is there to remind you just how small we are, with the trails vanishing into stunning rocky descents and alpine forests.

Maverick Race has teamed up with GB Ultra Runner Tom Payn and his partner in crime Rachel Bonn Payn - both exceptional runners. They organise their own retreats - [RunNamasteEat](#) which is a running, yoga & plant based nutrition business grown from their combined love for nature, human movement and a desire to live out each day to the very fullest.

Tom and Rachel will be taking you on a journey; from a bespoke training plan before you arrive in Chamonix, to coaching you throughout the weekend.

Once you come off the mountain they will offer you tips and yoga sessions to help you develop, recover and relax ready for the adventure.

You will receive support from our superb event partners who will be providing you with extra treats; inov-8 will provide demo kit to give you the opportunity to test out their latest kit; [Precision Hydration](#) will offer you a bespoke hydration plan, followed up with all the hydration you'll need for the mountains. All runners will also receive a goodie bag on arrival with kit from

Inov-8, Maverick Apparel, and [Precision Hydration](#)

Camp Endeavour is suitable for all levels of runner, we will have Mountain leaders on hand with Tom & Rachel so you will always be in safe hands. Running in Chamonix is best done with people who know the area, this means you will get the most out of the location and really get to see the best trails on offer.

Once you have signed up we will be in touch with you to find out all of your Personal requirements and your current running ability. This will help Tom and Rach develop your personalised training plan in the lead up to your Trip to Chamonix.

We want you to have a fantastic experience and in no way is this camp aimed at elite runners - it's all about you. We want it to be fun - a trip that will leave you thinking about the Mountains long after you return home.

**What is included:**

- 1: Half board accommodation - breakfast & lunch included
- 2: Pre & post run yoga sessions
- 3: Pre camp training plans from Tom and Rach
- 4: Supported by International Mountain Leaders
- 5: [Inov-8](#) test kit available
- 6: Bespoke hydration plan from [PH](#)
- 7: Camp goodie bag
- 8: Images from your trip

Please Note the camp does not include flights, transfers, evening meals or drinks

**Be quick, the camp is limited to 20 Spaces**

Secure your place now for only a £250 deposit, with the balance due 8 weeks prior to travelling. If you decide to withdraw after this deposits will be non-refundable or transferable.

**#thewildernessawaits**



**REGISTER NOW**