

The Crowborough Runner



September 2018



Well done Club Handicap winners 2018, full details inside. Plus:

- 1st Cross Country race of the new season: 14 October, Snape Wood
- Hellingly and Sevenoaks Weald 10k and Eridge 10m Results
- Help needed at club 10k, 25 November – reply to Sammy Fee

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

mary.nightingale@hotmail.com

New Cross Country Season

Please see the message below from Cross Country Manager Bryan about these coming seasons races. It would be great to see as many of our members as possible turning out for one or more of the races. For our newer members, each race is 5 miles. The Club competes both as a team and as individuals so even if you feel that you may not be competitive individually, you will be helping out the Club team by running so please come along and give it a try! First race is on Sunday 14th October at Snape Wood. If you would like to run one or more races, please get in touch with Bryan. Hope to see as many of you there as possible.

6 races, dates and venues have been decided for the new season. Preregister entry fee at the astonishingly good value of £10 is unchanged.

If not pre-registered, Race entry fee on the day £ 4/race

Can I have your £10 preregister entry fee By the 15th of September please.

You can give the money to me (Bryan Tapsell) when you see me or post to 22 SouthRidge Rd, TN 61 LT.

This season there will be an additional 2 teams, the League now comprises of 14 teams.

Also a change to the team composition. There will be 10 men and 6 women. Last year, there were 5 women.

We are going to do so well as a stand-alone team.

Can't wait for the first race of the season at Snape Wood on October 14th.

November 11th. Black cap.

December 16th. Warren Hill.

January 13th Ashdown Forest.

February 3rd Heathfield Park.

March 10th. Pett.

Bryan - Cross country manager

Hellingly 10k

We thoroughly enjoyed the Hellingly 10k race along with our fellow Crowborough Runners. It was a hard very hilly race.

Ollie Welch 39:20 (16th place) Tony Lavender 45:25, Eileen Welch 48:57 (17th female) & Alex Cole 52:11. Well done Team! X x X



Is this your new house Ollie?

Sevenoaks Weald 10k

This was a very hilly course on a hot day. The course was on & off road with lots of twists and turns and more hills than expected. Results as follows:

Ollie Welch 39:39 11th place

Tony Lavender 47:17 70th place

Eileen Welch 49:48 14th female 104th overall out of 359 runners in total.



Eridge 10 results

Sunday 9th September

There was a good turnout and some excellent results for the Crows at our local off road event: the tough Eridge 10 miler. Always worth doing for the scenery, the mud, the beer after, and a decent T shirt. The 2nd female to cross the line was Tonbridge's Nicole Taylor in an impressive time of 1.08.47. Some of you may remember that she started out as a junior with us, some years ago when a certain Mother Mary was coaching (not that I want to take any of the credit...!)

22	01:22:19	Russell Beckett	Male Vet 40	6
30	01:23:32	Roger Watts	Male Vet 40	12
34	01:24:43	Paul Bailey	Male Vet 40	14
105	01:35:49	Bryan Tapsell	Male Vet 60	6
153	01:41:40	Tony Hufflett	Male Vet 50	31
254	01:59:01	James Welbury	Male Vet 50	54
307	02:17:13	Sammy Fee	Female Vet 35	37
308	02:17:13	Susannah Todd	Female Vet 45	47

Club Handicap Race Report

On Saturday 15th September, 7 intrepid club Runners took part in a new course Handicap Race event devised by Maggi and Sarah. The route was 2laps of Goldsmiths Park preceded and concluded by a lap of the running track, about 4.8k in total distance .

The handicap system means that each runner has a timed start based on a previous race time of 1mile or 5k. So the predicted slowest runner starts first and the fastest is last. Theory is all finish at similar time but in practice first past the post is the winner.

This year's winners are:

Men's event:

Russell Beckett 15 mins 35 seconds

Ladies :

Ceri Cook 21 minutes 07 seconds

Congratulations to them both and very well run to :

Mary Down, Lyndsay Black, Marie Bolton

Chris Ashby, Jamie Woolgar

Huge thanks to volunteers who helped run event : Roger Stone, Russell Taylor, Bob Cook, James Welbury, Lou Ellis, Sally, Eileen, Claire and Swati.

24 juniors also ran the course on either one or two laps and some brilliant times recorded for the boys & girls winners:

Two Lap Winners:

Marcus Letts: 13:35

Ella Ayden 18:10

One Lap Winners:

Joe Allen 09:03

Safia Beckett 12:49

Sarah and Maggi



Team Beckett

Jamie Woolgar



Chris Ashby and Marie Bolton



Mary Down



Ceri Cook



Crowborough 10k – Sunday 25 November

Hello everyone

Hope you are all well.... it's time for my annual pleading email for marshaling help for our fabulous race.

Please support our club by marshaling on the day to help cheer on our racers as they slog up Palesgate Lane!!! It will be for a few hours in the morning, cuppa and a slice of something nice to say Thank You in the hall of Beacon School afterwards.

I look forward to hearing from you all, Sammy.

Please Email Sammy to confirm your support:
<mailto:sammyfee@btinternet.com>

New Local Parkrun – Buxted Park

I bumped into the headteacher from Uckfield school a few weeks ago at the Tunbridge Wells Parkrun. He said that they are going through the process of starting an Uckfield Parkrun to be based in BUXTER PARK. He wants it to be organised by pupils from his school. He said it was proving a little tricky to get set up and certified but they were hoping for later this year. This will be another great option for us all on a Saturday morning, just thought I'd let everyone know in case anyone hears any news. They will definitely appreciate our support when it opens. Best Tony.

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**)

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

[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:](#)

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

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:



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