

The Crowborough Runner



November 2018



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Cross Country League Update – from Bryan

Crowborough runners were fifth out of 14 teams at the Black Cap race, we are still holding 4th place overall. We were only 12 points behind the 4th place team, which was unfortunate. The next race is at Warren Hill on [December 16th](#)

We will do better at Warren Hill when we will have a full complement again.

Team	ESSCCL League Table - 2017/18				Heathfield race 3rd or 17th Feb			Pos
	Snape 14-Oct	Black Cap 11-Nov	Warren Hill 16-Dec	Ashdown 13-Jan	Heathfield 03-Feb	Pett 10-Mar	Total Points	
Lewes AC	1	2					3	1
Wadhurst Runners	2	3					5	2
Hailsham Harriers	5	1					6	3
Crowborough Runners	4	5					9	4
Hastings AC	3	7					10	5
Polgate Plodders/Run Wednesdays/Seaford Stridders	9	4					13	6
Hastings Runners	6	8					14	7
Brighton Tri Club	10	6					16	8
Heathfield /Uckfield	7	10					17	9
Bexhill Runners & Triathletes	8	9					17	10
Eastbourne Rovers	11	13					24	11
Tempo Tri (Eastbourne)	12	12					24	12
Meads Runners (Eastbourne)	13	11					24	13
Arena 80 (Brighton)	14	14					28	14
All Six Races to Count							Lowest Points Wins	

Black Cap XC, 11 November

A very blustery and showery day, with 555 feet of ascent overall. (Team photo on front page)

POS	NAME	TIME	CAT	IND. PTS	T.CAT	T.PTS
10	GORDON BERRY	36-06	M40	293	M401	8
30	DEAN TAYLOR	38-39	M45	276	M402	25
41	PAUL BAILEY	39-32	M40	267	M403	36
54	BEN MORRIS	40-17	M40	257	SM2	47
81	STEVE BOLTON	41-43	M55	235	M501	73
86	DAVE STEWART	41-50	M40	233	SM3	78
89	LEWIS CLARK	41-56	SM	230	SM4	81
105	CHRIS ASHBY	43-41	M55	219	M502	94
124	TONY LAVENDER	44-47	M45	205	NSM1	110
125	ASHLEY BOX	44-49	M45	204	NSM2	111
136	VICKI WHITEHORN	45-30	F35	183	F351	122
153	BRYAN TAPSELL	46-38	M60	188	M601	134
204	MARY DOWN	50-48	F50	160	F451	170
240	JAMES WELBURY	55-05	M60	152	NSM3	189
247	ROGER STONE	55-53	M60	149	NSM4	192
248	SHARON WHEELER	56-12	F55	140	F551	193
254	CERI COOK	58-32	F45	136	F352	197
261	SARAH HILLIARD	59-38	F55	132	SW1	203
269	BOB ARCHER	61-45	M70	141	NS	NS

297 Finishers - 291 last year

20 Crowborough Runners - 21 last year

Crowborough Team 5th out of 14 teams

Lewes Downland 10 mile and 5 mile. SGP race -
report from Ollie

HARD with a capital H, a 10 mile cross country with lovely hills, 2 crows did the 10 mile and 1 slacker did the short one.

Ollie Welch 1.12.32 25th 10m

Russell Beckett 1.13.58 32nd 10m

Roger stone 45.46, 44th 5mile



I knew Russell had been training hard for Beachy Head marathon recently so I had a challenge, don't let him beat me lol. I kept looking back all through the race thinking he's going to get passed, so thank you Russell for pushing me. Managed to knock off 6 mins from my time 2 years previously. Loved and hated it.

Beachy Head Marathon



Beachy Head marathon is a fantastic scenic race. It is one to do just to enjoy rather than worry about a time because this is NO PB COURSE for

sure. Eileen and I are booked in again for next year, (early bird price). Definitely recommend it.

Ollie 3.55

Russell B 4.10

Vicki W 4.30

Eileen W 4.41

Tony L (under Heathfield runners!) 5.15



Brighton and Hove stadium marathon (day after Beachy Head!)

This consists of 61 laps of the outside perimeter of the stadium, the thought of 61 laps doesn't sound like fun but it was fine it's great overtaking people over and over again. I think there were 160 running the marathon and 40 doing the half.

After doing Beachy head marathon the day before made it a little challenging, Eileen and I said the same thing once we got to mile 10 we were having doubts about finishing but after a few more miles it got easier. Strangely Eileen's last lap was her fastest.

Ollie 3.43

Jamie W 4.24

Eileen 4.39

Jamie did really well considering his knee injury, he really did push on in there, well-done mate! WE SAW YOU IN MACDONALDS STRAIGHT AFTER. FB.

Well done to all Crowborough marathoners, what a weekend!

One last thing, GET OUT THERE CROWS AND BOOK THOSE RACES. TURNOUTS ARE GETTING SMALLER.

Crowborough 10k – report from Race Director, Sue Newman

I wanted to give an update on our 10k and 5k races last Sunday as the new Race Director - obviously very big shoes to fill in taking over from Kevin this year!

Kevin has been Race Director for the last 12 years and luckily he continued to be on the 10K committee so I had the benefit of his huge amount of experience.

From taking over this year it's very obvious that the success of any event is people, and I was very lucky in having fantastic help and support in the organisation of the event, which the 10k committee start in April each year.

We had a successful day with over 390 finishers in the 10k and just over 40 finishers in the 5K (around 80 people entered but did not show)

So I wanted to day a BIG thank you to the 10k Committee without them the event would not take place - Swati, Sharon, Kevin, Sarah, Russell, Maggi and Sam.

And of course a massive thank you to all the helpers on the day with the entries, in the kitchen, putting out all the signs early doors, those that helped on the finish line and gave out the medals, the water station and setting up in the hall and clearing up afterwards. Thanks also to those who bought cakes which goes down well with the runners - I know people from my work who are non runners who turn up to support and enjoy the atmosphere of the race and have a cake or two!

Last but not least a mahoosive thanks to the marshals for ensuring the day ran smoothly, I had lots of great feedback from the runners saying the marshals were fab and very supportive.

Our adjudicator travels from Yorkshire and also runs the race as she enjoys the event and has said she saw great support out on the race.

On the whole it was a very successful day, due to all of you, but there are always things that could be tweaked which we will work on for next year.

Thanks

Sue



Results:

1st William Levett, TW Harriers, 35.08

2nd Chris Coffey, Lewes AC, 36.40

3rd Alex Cruttenden, Brighton Phoenix, 36.55

1st lady Erica Martin, 46.07

Ollie Welch 40.54, 29th

Tony Lavender 46.07, 85th

Eileen Welch: 50.10, 4th in age group

The Christmas Lights Run

Please join us on **Wednesday 19th December** at 7pm at the White Hart pub on the green for a festive tour of Crowborough's Christmas lights. We will finish the run at the White Hart pub, where everyone is welcome to enjoy a free glass of mulled cider and a mince pie. We look forward to seeing you there.

Sussex Grand Prix 2019 Race Calendar

(Red and/or "N" means race venue/date to be confirmed)				
Race	Date	Day	Event	Confirmed Yes/No
1	24th March 2019	Sunday	34th Hastings 1/2 Marathon	Y
2	12th May 2019	Sunday	Hastings 5 Mile	Y
3	26th May 2019	Sunday	Rye 10 Mile	Y
4	2nd June 2019	Sunday	Horsham 10K	Y
5	23rd June 2019	Sunday	Heathfield Mid Summer 10K	N
6	7th July 2019	Sunday	20th Bewl 15 Mile	Y
7	10th July 2019	Wednesday	Phoenix 10K	Y
8	TBA	TBA	TBA	N
9	8th September 2019	Sunday	Hellingly 10K	Y
10	6th October 2019	Sunday	Lewes Downland 10 Mile	Y
11	20th October 2019	Sunday	Hove Prom 10K	Y
12	24th November 2019	Sunday	Crowborough 10K	N

Note

- 1 The race(s) details showing red have dates yet to be announced
- 2 Note change of date for the Horsham 10K
- 3 For the latest SGP rules, team and individual scoring refer to the website:
www.sussexgrandprix.co.uk/news/



*Celebrating Life,
Dignifying Death*



On Sunday 16th December we will be doing a 5km run for Hospice in The Weald. We would like to raise as much money as we can for this amazing charity so all donations would be fantastic. We will be dressed as either a Santa or a Penguin for the run.

Thank you. To make a donation please go to www.justgiving.com and then search Russell Taylor ho ho hospice rumble.

Thank you very much Bryony Taylor

[TW Park Run 22 December](#)

Calling all Crowborough Runners, including Juniors, come and join us at the free Tunbridge Wells Park Run, in Dunorlan Park, on Saturday 22 December, 9am start. Register on line if you are new to Park Runs, and download your bar code to bring with you. Meet in the café afterwards. Car share from Goldsmiths. Santa hats, tinsel or penguin outfits optional but lets make it a good turnout.

[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
Acting Chairman	Kevon	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	Lindsay	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



clubrun

For England Athletics affiliated Road Running Clubs

The England Athletics **clubrun** programme supports coaches and leaders and club runners through a series of practical sessions delivered at *your club on your club night*.

Organised by the England Athletics National Coach Mentoring team for Endurance, the sessions will support clubs and their runners to achieve more by helping them work towards a specific event. Sessions will:

- ◆ Consist of three visits over a 9-12 week period, each lasting between 90 minutes to 2 hours
- ◆ Be delivered by an England Athletics National or Area Coach Mentor, or another experienced coach
- ◆ Focus on helping club runners work towards a specific race or England Athletics Championship event. Clubs can choose to focus on 5k, 10k, Half-Marathon or Marathon training.
- ◆ Include an endurance specific warm up and cool down
- ◆ Include the opportunity for informal discussion around key topics linked to training and race preparation
- ◆ Be progressive – coaches, leaders and runners are encouraged to attend all three to get the most from the series.

See you all at **clubrun!**

Club: Crowborough Runners

Visiting Coach: John Clements

Dates: THURSDAY, December 6th on the track

Time: 7 p.m. (19:00) for up to an hour and a half - FREE

Event focus: Endurance training

Venue: Goldsmiths Track – names to James asap



Coming to your club soon!

CROWBOROUGH RUNNERS



“WE NEED
YOU”

Ashdown Forest
CROSS COUNTRY
5 mile RACE

Sunday 13th January 2019

Volunteers Required

We need volunteers to marshal the course, help with car park duties, registration and time keeping. If you can offer your time on Sunday morning please contact:

Swati Patel; tel: 07813 685378;
email: swati.patel1@btinternet.com