

The Crowborough Runner



2020 February



In this issue:

- Georgie 1st in age Lamberhurst 10k; Ollie 3rd Lea Valley HM (and PB), Eileen 1st in age.
- Resounding TW Park Run success (see pic above); James gets his 100th Park Run T shirt. Dom and Julie both reach the 50 milestone.
- Claire, Maggi, Sarah, Lou all get new coaching qualifications.
- Time to renew your club membership; details inside

Next issue end May; mary.nightingale@hotmail.com

22nd December 2019

Well done to the Crows, Sharon, Dom, Kev and James who ran the Christmas mud-fest at the Kings Hill 10k & 5k today! Messy business.

Kevin Battell

00:58:48

James Welbury

01:03:37

Sharon Wheeler

01:08:05

Dominique Welbury

(5k) 0:46:53



1st January 2020

Lamberhurst 5k & 10k

Well done to the brave 3 that ran on New Year's Day! And special congratulations to Georgie who achieved her sub 45 goal AND was also 1st female vet 40. Well done Georgie!

Jennifer Ewart (5k) 00:31:32

Neil Couchman 00:39:29


Georgina Frowde 00:44:17




4th January


January Club ParkRun


Well done to all the Crows that turned out for the first club Parkrun of the year!! (Front-page picture). Some amazing achievements to note:

Ollie; 1st Male and overall winner 

Claire; first female 

Lou; first Parkrun! 

Steve; first in age group 

Tony; 50th Parkrun 

Mary; first in age group 🏆
Judy; first in age group 🏆
Sam Cook; 1st in JM10 🏆
Sam Bolton; 1st in JM11-14 🏆

Also well done to Steve, Mary, Ollie, Bryan and Chris for getting a top 10

age graded result today! 🏆

Congratulations to you all 🎉 *Didn't we do well, yay!*

5th January

The Tadworth 10 is a challenging but wonderfully achievable two lap, 10 miler that is run 50% on grass and trails, 50% road and path.

Well done to;

John Tighe	01:35:34
James Welbury	01:38:29
Sharon Wheeler	01:45:25

12th January

Well done to Lee Kemp for completing the Finsbury Park Half Marathon!

01:44:51



25th January

Lea Valley Half Marathon

Oliver Welch 01:19:44 **PB and 3rd overall**

Eileen Welch 01:46:32 **1st in age group**



Congratulations team Welch !

1st February

Tunbridge Wells Club Parkrun

POSITION	PARKRUNNER	GENDER	AGE GROUP	CLUB	TIME
13	Steve BOLTON	Male	VM55-59	Crowborough Runners	23:44
6	Robert COOK	Male	VM50-54	Crowborough Runners	22:21
39	Bryan TAPSELL	Male	VM65-69	Crowborough Runners	25:47
2	Oliver WELCH	Male	VM35-39	Crowborough Runners	20:34
32	Chris ASHBY	Male	VM55-59	Crowborough Runners	25:12
42	Vicki WHITEHORN	Female	VW40-44	Crowborough Runners	26:00
147	Robert ARCHER	Male	VM70-74	Crowborough Runners	34:13
151	Jayne MEYERS	Female	VW50-54	Crowborough Runners	34:30
115	Marie BOLTON	Female	VW45-49	Crowborough Runners	32:13
190	Shirley MATTHEWS	Female	VW55-59	Crowborough Runners	38:21
179	Julie ERXLEBEN	Female	VW55-59	Crowborough Runners	37:02

Congratulations to Crowborough Runner coach, James Welbury, on completing his 100th Parkrun at Seaford Beach yesterday :

2nd February

Thorpe and Egham 10k

Lee Kemp 00:45:27



Bedgebury Forest 10 miler Neil Couchman

01:07:47

Bedgebury Forest 5 miler Theodora Stewart

00:49:33

Well done Neil:



15th February

Tunbridge Wells Parkrun

Well done to Julie on completing her 50th Parkrun and for moving up from the Wednesday night Transition running group to the 6 mile pack!



16th February

Tunbridge Wells Half Marathon

Neil Couchman 01:25:50 PB

Oliver Welch 01:26:13

James Bryant 01:26:23

Peter Noon 01:43:07

Georgina Frowde 01:43:21

Eileen Welch 01:50:50

Kevin Battell 02:03:34

Judy Christmas 02:13:34



23rd February 2020

Richmond Half Marathon

Rebecca Stevens 01:54:55



Grand Brighton Half Marathon

Alex Cole 01:53:09

Matt Flanagan 01:48:39

Sarah Cooper 02:01:15



Race Diary: SGP Races

March	29th	Hastings Half
May	3rd	Rye 10 mile
May	17th	Horsham 10k
May	24th	Haywards Heath 10 mile

The Sussex Grand Prix (SGP) is a series of mostly road races held across the county and in which we compete both as a club and as individuals, scoring points and competing in age categories. For more information on the SGP and how it works, speak to Claire Harvey. Meanwhile get these race dates in your diary.

TRAINING: NEW CLUB COACHES

Coaching update – by James Welbury

The Club now has a dozen England Athletics accredited coaches. The Club has four level 2 coaches with a new coach being trained. They can plan and lead sessions like the juniors on a Saturday, the Monday Beginners session and Tuesday track nights. In addition, James and Sharon are currently undertaking the UKA Level 3 Endurance coaching modules. Also our new LIRF (Leadership in Running Fitness Coaches) can lead sessions, like the Wednesday runs or can take a group out for a run

unassisted, working from session plans/task cards prepared by a qualified Level 2 or CIRF licensed coach. Also our assistant coaches can assist Lead Level 2 coaches at sessions or on runs.

So what does this all mean for you runners? Are you planning a race in the future and need a training plan? Want to know how to improve your Park Run or Half marathon times? Do you need to know more about sports nutrition? Are you blinded by science (what does VO2 max mean and what is your Lactic Turning Point, for example?) Well not many small Clubs have quite so many qualified coaches meaning we are able to offer training sessions at various levels. It's also not just about the sessions but you can all ask the coaches for advice and help about training, training plans for races, warming up exercises or stretching, and nutrition or more. Don't be shy! Level 2 coaches are also available if you need 1-2-1 advice so rather than just having a look on Google why not stop a coach and ask.

Maggi, Sarah and Lou get their LiRF (Leadership in Running Fitness) certificates

On a very cold and frosty Sunday in January the three of us headed off to Eastbourne to participate in the British athletics LiRF course.

The course is designed to prepare you to lead safe and enjoyable running experiences to people aged 12 upwards. The qualification has provided us with the insurance and skills to lead groups (within the limits of the course content).

It was a full on day with lots of practical and classroom based sessions. It was very cold. Once we'd thawed out on the car journey home we all agreed that we had learned lots and that it had been very worthwhile. Hopefully the club will benefit from our increased confidence and enthusiasm.

Claire Harvey qualifies as CiRF coach

The Coach in Running Fitness (CiRF) qualification is primarily for those working with off track runners who wish to improve their fitness. When

qualified you are insured to coach without supervision.

Candidates must engage in tasks and activities throughout this 4 day running coaching course and demonstrate improvement following any discussions with course staff.

Well done Claire for putting in the effort to get this qualification which will benefit club members.



[The Welburys and their Milestone Park Runs](#)

We've now received our free Milestone Park run T shirts, 50 For Dom and 100 for me. We've done nearly every park Run in Sussex and had some nice teas and cakes afterwards.

Only three outlying Sussex park runs to go to do the whole county. Gets you up and out on a Saturday and you can use the runs as tempo training or take it easier depending on how you feel.

Favourite park Run has to be Tilgate Park near Crawley although Seaford is good for a breath of sea air and has PB potential depending on the wind. We've also done some volunteering at TW as, of course, none of the runs would exist without the dedicated helpers

Next stop: Bois de Boulogne Park Run in Paris?!



Club Membership Renewal Process 2020/21

Please note that the club membership fees are due for renewal from 1st April 2020 to 31/3/21 including England Athletics Affiliation.

The combined fee will increase by £2 to £32 for the year ahead; EA affiliation will be £16 per individual up from £15. This still represents amazingly good value.

Second Claim members will of course pay only £16 to Crowborough Runners.

Family Rate applies for adult plus junior(s) with a discount of 10%, but not for two adults from same family.

Junior membership will also increase from £30 to £32.

You will receive around end March/early April an email invoice from noreply@englandathletics.org, for payment by debit or credit card, so please check your email address used by Club/EA is still current and if not please advise Ron Cutbill, his email is below. Any queries on the invoice payment process, please contact Sarah Hilliard , Club Treasurer (sjhilliard@yahoo.com).

If you are not renewing your membership (we hope that won't be so but do understand circumstances change), please can you inform both Sarah and the Club Membership Secretary, ron.crowboroughrunners@btinternet.com

Thank you.

Ron and Sarah

Welcome to new members:

Charles Bougon
Tom Evans

And.....welcome back Peri Cheal, not quite running yet after a nasty accident, but well on the road to recovery. You have been missed on those muddy Sunday morning cross countries!

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: 1 hour (6-7 mile) mixed terrain run in summer and Road Run in Winter. During the winter months runners need for their personal safety to wear a running chest light. Flashers must at least be worn. They can be bought cheaply from Kevin/Sharon.

New Wednesday Transition run: meet Goldsmiths 7.20 for 7.30 start. Easy 3-mile slow run. (Flexibility to increase or decrease the distance and pace, according to individual needs. Talk to the coaches).

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: Informal, longer runs, more off road. Contact Bryan Tapsell for details.

SGP (Sussex Grand Prix) -. 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). Contact Claire Harvey if you need more info.

East Sussex Cross Country contact: Bryan Tapsell. Website at www.eastsussexcrosscountry.co.uk

Who's who in the club:

Chairman	Kevin Battell
Club Captain	Sharon Wheeler
Club Secretary	Bob Archer
Development Officer	Bob Cook
Communications Officer	Vacant – apply to Bob A for details.
Child Protection and Welfare Officer	Swati Patel
10k Director	Sue Newman
Road Race Manager and SGP	Claire Harvey
Membership Secretary	Ron Cutbill
Club Treasurer	Sarah Hilliard
Cross Country Manager	Bryan Tapsell
Newsletter Editor	Mary Nightingale
Social Secretaries	Lyndsay Black Yulia Francis
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