



Crowborough Runners – April 2026 Update

The Marathon Edition

April, for many of us, meant the long wait was over. For all of our budding marathoners, their strict adherence to their training plan and the finding out if had got them to where they wanted to be was over, as were the not so perfect weather conditions they had had to endure in the run up to their event. For the rest of us, the dark evenings were over and we could finally be seen frolicking up hills and down dales that surrounds the town, with the gloom, that is winter, finally over.

April also saw, in particular, three major marathons and a half with Club members taking part in each.

How did they do?

Read on.

12th April - Brighton Marathon Weekend



The 12th April and the Brighton Marathon marked for many the first major marathon of the season and for some of the Club's runners another trip to the seaside. Whereas the half-marathon, held earlier in the year, was mainly within the confines of Brighton itself, the marathon gave runners the chance to experience the scenic outskirts of Ovingdean and Rottingdean, and, some would say, not so scenic Portslade, before finishing on Hove Lawns. I have to say though, I was there and I didn't see many runners admiring the scenery. However, I am forgetting the 10k race that is also an important fixture of the weekend that starts and finishes at Hove Lawns and in which a number of our members took part.

Luckily, on the day, the wind had dropped a tad compared to the day before and was not a stiff south-westerly wind coming directly off of the sea. Nevertheless, as Nick Harvey reported there was still a bit of a headwind and, as you can see, it slowed him down a bit.

Whilst not running it myself, I have to say I very much enjoyed the carnival atmosphere that I had experienced in the past. It was as good as always and, luckily, I managed to catch the eye of some of the Club's runners, who all turned out some sterling performances, in both the 10k and the marathon.

There were over 20,000 participants over the weekend and included in the 14,000 marathon finishers was Sarah Cooper who reports:

"Despite being fairly warm and running into a strong wind at times it was a perfect marathon day. As always the course was well supported and the runners were in good spirits. My race was text book. I ran even splits for pretty much the whole run and felt really good throughout. When I crossed the finish line and realised I had finally achieved a sub 4 hour marathon at 3.51 knocking 20+ minutes off of my previous PB, and bagging a Good for Age, I was ecstatic. What changed for me this year was my fuelling and hydration strategy both pre-race and during and remembering to not go off to fast - a mistake I have made many years running.

So lovely to also have amazing support and see Crowborough Runners both running & spectating. When I finished I was so pleased to see you Bob and your doggie - I was very emotional and you saved me from being carted off as I am sure I was very excitable!!"

The results for the Club runners on the day were as follows:

10k

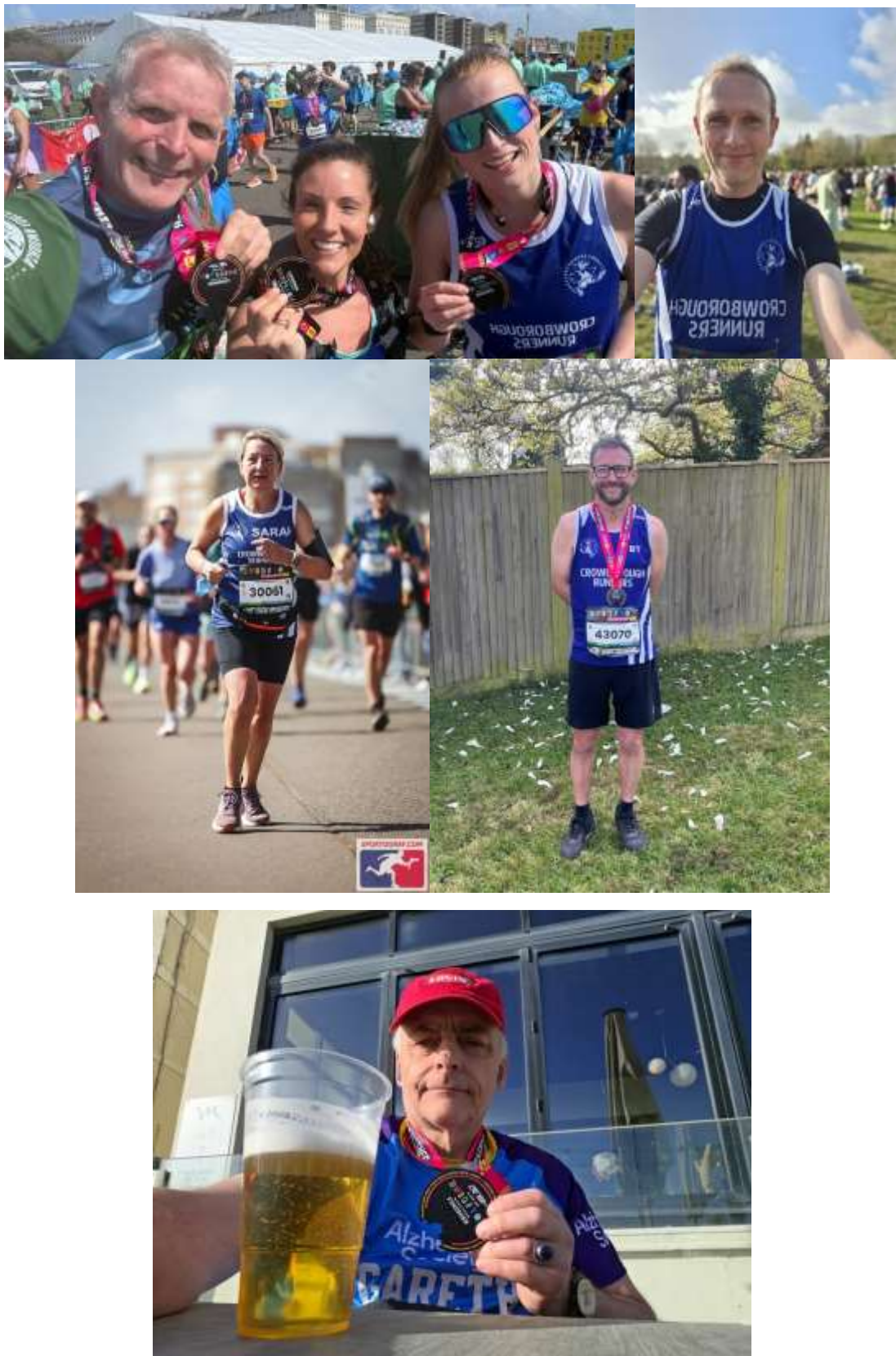
Finishing Position	Name	Time
Men		
31	Matt McCarthy	0:36:28
973	Richard Oxenham	0:57:41
877	Graham Stevens	0:56:12
Ladies		
336	Pearl Manser	0:54:19
444	Heather Stevens	0:56:13
569	Alexa Nell	0:57:41

I know that Alexa and Richard were really pleased with their sub-1 hour performances.



Marathon

Finishing Position	Name	Time
Men		
54	Nick Harvey	2:49:09
769	Gordon Berry	3:19:47
3508	Byron Thomas	3:58:17
9142	Gareth Owen-Williams	6:35:01
Ladies		
421	Hannah Jackson	3:51:22
428	Sarah Cooper	3:51:30
546	Roisin Archer	3:55:38
748	Olatz Ruiz-Smith	4:02:19



Great running by everyone who took part, with Byron Thomas completing his first ever marathon.

12th May 2026 – London Landmarks Half Marathon



The London Landmarks Half Marathon, so called because it takes you past sites such as Big Ben, St Pauls Cathedral, the Tower of London and Somerset House, is said by many to be a scenic more entertaining alternative to a traditional half marathon. If you take part you can also expect dense crowd support, live music and performers and historical storytelling along the way.

Like many events nowadays there is a strong charity focus, with Tommy's, which supports pregnancy and baby health research, being the headline charity and the one that instigated the event in 2018.

Enjoying the atmosphere and representing the Club were:

Finishing Position	Name	Time
Men		
15	Luke Forbes	1:18:12
5247	John Crockford	1:59:42
Ladies		
3516	Louise Ellis	1:53:42



19th April 2026 - Manchester Marathon



The Adidas Manchester Marathon, the roots of which can be traced back to the Manchester marathon first held in 1908, has grown to be the second largest UK marathon after London.

Why you may ask. Well, it is famous for its flat route, which is ideal if you are looking to gain a PB or you are seeking a qualification standard for other races such as the Boston marathon.

This is why there is a distinct possibility a number of the Club's runners were amongst the over 42,000 runners, the largest number ever, who were cheered on by an estimated 150,000 spectators.

Great running by everyone, with Will running sub 3:00 in his first official marathon and Maurizio knocking out sub 3:30 in his first as well.

Finishing Position	Name	Time
Men		
836	Will Isted	2:56:32
4646	Marizio Di Santo	3:28:44
Ladies		
18819	Pearl Manser	4:40:45
21460	Naomi Noble	4:56:53



28th April 2026 – London Marathon



It's not often you get to participate in a race where history is made but that what some of the Club's runners were fortunate enough to do on 28th April 2026.

In sport there are said to be some barriers that cannot be breached, something human physiology simply will not allow. One such barrier was the 4 minute mile. This was first proved wrong by Roger Bannister when on the 6th May 1954, when still a medical student, ran, with minimal training, the mile in 3:59:04. I can still remember now the many re-runs of the race (in black and white, of course!) on our first television set, when he looked on the point of collapse at the finish. He went on to become a world-acclaimed neurologist, which he saw as his main legacy.

One of his pacers on the day was Christopher Chataway, who, in due course became a broadcaster as well as a Member of Parliament.

The other person with him on that momentous occasion was Chris Brasher, whose main legacy has to be, if you are runner, co-founding the London Marathon in 1981. It must have therefore been with a huge sense of pride that his son Hugh Brasher saw another barrier, something that human physiology would not allow, be broken. A marathon in under 2 hours. An amazing feat. As for Sabastian Sawe on the day, he looked as if he had a few more miles in him.

As many will tell you I, getting a chance to run "The London" is no easy task but six of the Club's runners were fortunate to be there, which included Zach Drake, with his Club place and Jamie Gough, running his first marathon and following in the footsteps of his wife Mel, who ran her first one last year.

Janie Perry, who was there, reports

"London Marathon 2026 didn't disappoint. It was a warm day but the crowd support was amazing (thank you to Lou Ellis for shouting loudly on Tower Bridge!). I finally managed to go sub 3:30 (just!) with a finishing time of 3:29:42! Looking forward to a much easier pace at the Cape Town marathon later this month."

Some amazing times achieved by all, with Nick Harvey bettering his time in the Brighton marathon two weeks before.

And good luck to Janie in Cape Town and to Jeff Morehen, who I understand will also be there.

Finishing Position	Name	Time
Men		
1468	Nick Harvey	2:48:29
2624	Sam Attwood	2:57:00
6025	Zach Drake	3:15:41
38441	Jamie Gough	4:39:07
Ladies		
9670	Janie Perry	3:29:42
10238	Heather Stevens	3:31:37



Members Corner

New Members

On behalf of all of us, I would like to extend a warm welcome to the members that joined us in April 2026, who were:

- Suzanne Fryatt
- Jane Hand
- Rose van der Zwart
- Victoria Hosegood

Lights, Camera, Action

It was a track session with a difference on 7th April when Joe Ward, a commercial photography student from Falmouth University, came to the session to shoot some video for his sports-based 2nd year project.

I know that he went away well pleased with the well over a 100 video clips he had managed to take and has asked me to express his thanks once again to those that took part. The video is currently in post-production. However, I have seen an early version of the finished article and it will make an ideal promotional video for the Club.

I hope to be premiering the full video sometime soon, but in advance here are some stills that I thought you might to see.



Strength and Conditioning

As you might have already heard, the Club has entered into a collaboration with the award-winning Foundry Gym that specialises in personal training.

If there is one activity that we all tend to push onto the back burner it is strength and conditioning, even though we know it can improve our running in some many ways. This means strength and conditioning isn't an optional extra for runners and it's one of the biggest factors separating runners who stay consistent from those who get injured or plateau. It benefits all runners whatever the distance they run.

The Club has arranged a series of 6 fortnightly sessions at the Foundry Gym, which is located at Hole Farm, Lye Green, Crowborough commencing 14th May 2026. You can check out their website at [Foundry Gym Crowborough - East Sussex - Personal Training Gym](#). The sessions start at 20:00 hours and last an hour. The number attending is limited to 12.

The Club will be reciprocating by hosting 6 fortnightly track sessions for Foundry Gym members and a huge thank you to the Club's coaches who have agreed to host these events.

A New Departure



Incorporating a Couch to 5k programme as one of the Club's weekly sessions is certainly something I had thought about for some time. For those that don't know, it was invented by a guy called Josh Clark, a new runner, to literally get his 50-something mum off of the couch and get her running too. I know speaking to some other members that this is what got them started, one of whom is now running half-marathons. However, that is not the main motivator for most people. Most just want to get fitter, or get help in managing their weight, or boost just their mood. Come on, who does feel better after a run?

The joint issues of joining a running club seeming pretty daunting to some and the fact that it's pretty lonely doing the Couch to 5k programme on your own, is why many Clubs now include this as part of the weekly activities and why should we be the odd one out?

Well I'm pleased to say the first Crowborough Runners Couch to 5k programme started on 14th April and is going really well, with all participants giving every indications that they will meet their objective.

Parkrun Tourism



Yep, he's at it again.

James Wilbur reports:

“Last Saturday we found ourselves between a Rock and a hard race, at the 10th Gibraltar Botanical Gardens Parkrun. A tough three-lap course with three big hills (Gibraltar isn't flat). Lovely volunteers as always and good to chat to all the other tourist runners.”



Club Matters

Club Championship

I just thought that I should remind you that the year for assessment for the Club Championship ends on the 30th June 2026.

As a reminder, to be considered you need to get to me the results of your best:

- 10k race
- 5 mile race (which can include an ESSCCL result)
- 5k race (which can include a Parkrun time)

Trophies are awarded to the member with the fastest combined time for the three events in each age category, for both men and ladies. The results will then be age-related and trophies and prizes awarded to 1st, 2nd and 3rd places.

The last race to qualify in the current Sussex Grand Prix season will be the Heathfield 10k, which being held on 14th June 2026. In the meantime, if you looking for a 5-mile race (and there isn't many of them about) you couldn't do better than the Hastings 5-mile on 31st May 2026. Flat and fast.

Well, I think that that's it for this month. As always, I am deeply indebted to all those that have contributed. I sincerely hope you enjoyed reading what has been going on and I am looking forward to finding out what you have been up to in May.

Bob