



Crowborough Runners

Club Update August 2025

Well you can always tell when the summer is nearly over. The nights start drawing in and it's back to "the charge of the light brigade" around the streets of Crowborough on a Wednesday night. There is also the publication of details of the races for the forthcoming cross-country season and I know the mere mention of the word cross-country gets the juices flowing for most of you, so more of that later.

That the weather in August has had its ups and downs is perhaps an understatement, with having to trudge through the rain or bask in the sunshine when either competing or popping out for cheeky training run. Luckily, the main events of the month have been enjoyed in favourable weather making them all the more enjoyable.

So what have the Crows been up to in August?

Read on.

Events

10th August 2025 – Henfield Half Marathon



It is likely you have never run the Henfield Half Marathon before as a Club member. This is simply because it was part of the Sussex Grand Prix season for the first time ever this year, much to the delight of Henfield Joggers.

For the members of the Club that ran it, it proved to be an off-road race around a scenic course along the riverbank of the River Adur, along a disused railway line, over flint paths & over stiles. Hopefully the latter were not too near the end. There were also the luxuries of changing rooms, showers and toilets. No looking for a discrete bush, which will soon be the order of the day for many of us during the winter months.

Out of the 196 runners that competed, there were, as you would expect, Crowborough Runners, 3 in fact, all looking to put up a great performance, but no one as counting there chickens before the start.

The results were as follows:

Finishing Position (by category)	Name	Time
Ladies		
27	Sarah Cooper	2:06:32
40	Eileen Welch	2:16:46
Men		
43	Chris Russell	1:47:29

As Sarah reports

“Beautiful scenery and a varied course but a tough cross-country in the heat”.



And before moving on, here is a quick update on members' individual point scorings in the Sussex Grand Prix so far.

Name	No. of Races Completed	Points Awarded
Ladies		
Sarah Cooper	4	1,855
Eileen Welch	2	939
Janie Perry	1	479
Sioni Williams	1	458
Louise Knapp	1	421
Mary Nightingale	1	413
Shirley Matthews	1	380
Men		
Chris Russell	6	2559
Will Isted	3	1438
Olly Welch	2	980
Bob Archer	2	715
Ron Cutbill	2	658
Sam Hyde	1	480
Neil Couchman	1	430
Scott Werner	1	421
Ian Balmer	1	419
Tim Probert	1	413
Zach Drake	1	406
Gordon Berry	1	392
Paul Wells	1	389
Kevin Battell	1	348
John Everest	1	337

And before I go, did you know that Henfield has one of the oldest cricket clubs in the world, dating from 1771, and the oldest existing Scout group in the world, founded in 1907.

Probably not.



13th August 2025 – Pub Run



Pub runs during the summer months have long been a popular part of the Club's social calendar with a run starting at a local hostelry and the chance to catch-up with a glass of the necessary afterwards. What is good to know is that they are starting to prove even more popular with 25 members attending in August.

The location in August was The Huntsman adjacent to Eridge Station.





Due to the evenings drawing in, this has proved to be the penultimate run of the season, with the last being from and to the Wheatsheaf in Crowborough on 17th September. Wouldn't it be great see a bumper attendance on the night?

24th August 2025 – Summer Run, Bruch and Pool Party



Last year Louise Ellis, her husband Simon and their family were generous enough to offer to host a run from their house followed by brunch, and for those in the mood a dip in their pool. It was a fabulous day very much enjoyed by all who attended. Good weather, excellent food laid on and great hospitality. This was why the Club were delighted that Louise and Si were willing to host such an occasion this year.

I don't know how she did it, but the weather was just right for the occasion. I have to say the route of the run was little challenging in places for some of us but all the better to build up an appetite for what was to follow and we were all not disappointed.



What followed was a brunch to die for, with Louise's baking skills to the fore. There was the opportunity to catch-up basking in the sun before returning back to normal life.

I know I speak for all who attended in giving a huge thank you to Louise and Si for their time, their effort and their generosity.





Monday 25th August 2025 – The Kings Head Canter



Be honest, how often does it happen that you are out on a run on a summers day and this vision of a glass of something cool and refreshing at the end enters your mind which spurs you on. Well it obviously happened to the guy who came up with the idea of the Kings Head Canter.

As you will know, if you have run it before, the race starts in the historic village of Chiddingly, which was apparently visited by Pablo Picasso at some time in the past, not to run the Canter may I add. It was also once home to rock legend Keith Emerson who, out of interest, I once saw neck a bottle of red then proceed to play an amazing version of the Flight of the Bumble on his keyboard in the Six Bells, which is opposite where the race starts.

The race, from memory, then wends its way through some picturesque quiet country lanes gently uphill to the village East Hoathly where a pint of amber nectar or the like is waiting for you to refresh the parts a cup of tea can't reach.

It's certainly one on my list if I can make but sadly not this year. Nevertheless, an impressive turnout by the Crows with the results being:

Finishing Position	Name	Time
Ladies		
171	Mary Nightingale	0:27:11
184	Anna Ivaldi	0:27:55
229	Sarah Hilliard	0:31:20
238	Sharon Wheeler	0:32:13
Men		
59	Jacob Smith	0:20:08
106	Zak Bryant	0:22:54
107	James Bryant	0:22:58
114	Alan Dean	0:23:09
164	Kevin Battell	0:26:28

Some amazing performances and great to see so many juniors joining in and giving the rest of us a run for our money. Mary Nightingale achieved a 1st in her age category and Sarah Hilliard a 4th in hers in her only race so far this year.



30th August 2025 – Dunorlan Park Parkrun



On the 30th August the Parkrun in Tunbridge Wells reached the grand old age of 400.

To mark the occasion needed something special and that is what happened.

On the day the regular band of runners, joggers and walkers were joined by none other than Dame Kelly Holmes. The same Kelly Holmes who gave two amazing performances in the 2004 Summer Olympics winning gold in the 800 and 1500 metre events. However, on that Saturday morning she was willing to be just one of the runners taking part. She is a keen advocate of Parkrun, participating regularly, and was a true inspiration to the Crows taking part on the day.



Members Corner

New and Returning Members

Can I extend a very warm welcome on your behalf the following new Club members:

John Crockford
 Marco Brivio
 Pearl Manser
 Richard Grinham
 David Jones
 Maurizio DiSanto

A Family Affair



A popular venue during the summer months for a half-marathon or a 10k is around and about Dorney Lake, which is just outside of Windsor and home of Eton College rowing club. It was there that you would have found member Janie Perry and her son Oliver on 27th July 2025. Janie, as you would expect, ran an impressive 1:43:49 in the half-marathon and her son an equally impressive 0:37:05 in the 10k. An ideal warm-up for Janie for the Big Half on the 7th September 2025. What happened then?

Well you have to wait until next month's update for a full roundup of that event and the fortunes of the Crows that took part.



Life in the 80s



Now we have all read, I am sure, articles that claim that running keeps you younger longer and our senior members of the Club are indeed testament to that. What you might not know is that Bushy Park, where Parkrun began, hosts an annual octogenarian event and it was on the 5th July 2025 that

members Heather and Graham Stevens joined 1,667 starters for the 8th annual event and the 1,044th Parkrun there. What was impressive was there were well over a 100 octogenarians there.

Now what do you call a collection of octogenarians? Well, strangely it's an octogenarian.

Hands up who thought was moan?

Rebecca who was with them romped home in 0:24.38, with Heather and Graham finishing in 0:26:49.



Chase the Sun

Another popular event during the summer months is Chase the Sun which is a regular event around the paths of Battersea Park, adjacent to Chelsea Bridge, with this Thameside setting being arguably one of the most beautiful green spaces in London. It is also home to a Japanese Peace Pagoda that is tended daily by Reverend Gyoro Nagasea, a Buddhist monk who beats a drum each day at dawn beside the pagoda. A little later in the day on Wednesday the 27th August 2025 saw club member Peter Noon knock out an impressive 0:40:25 in the 10k event. To prove it, here is Peter and a compatriot enjoying some well-earned refreshment after the race.



Marathon Challenge

Many of us have trained to raise money for a charity for, or in memory of, a loved one and know that the hardest part can be the fundraising. Few, if any, have so far have done so to raise funds for a nation. That was until member Alexander Gusak took on the challenge.

Alexander writes

"It is 2025 now. Unfortunately, the war in Ukraine is still ongoing and people are suffering. Today, on Independence Day of Ukraine I'm creating this fundraiser to help a bit more.

Since the long run in 2024 I haven't run any ultra-marathons but it won't be long till I have one, I hope and to make it an adventure I plan to have three challenging runs

On 25th of October I'll run Beachy Head marathon for the third time. I love this area of the country and there will be many friends from the different running clubs there. It doesn't make the course any easier – we all will have to tackle that hill at the very start, listening to the bagpipes. Also, in addition to 42 horizontal kilometres there will be one more in the vertical direction.

During the school half- term break the whole family will fly to Mallorca. The boys and Anna to have some rest. Me too, frankly, but I also will take part in UTMB* Mallorca 50K race on 1st of November (yes, just a week after the previous one). Despite the name it's 56 kilometres, in fact and you can add around 2.5K of elevation gain on top of that. And the mandatory kit doc is longer than my weekly shopping list.

3) My fellows from Ashdown Forest Trail Runners club shared Freedom Five Trails (what a title!) 50K ultra race that takes place on 8th of November. It was exactly what was needed to make this challenge complete. As you probably could guess it's not exactly 50 kilometres, we'll be out for 51K with an additional 1K vertically.

I will try my best to finish these races. Please, donate for the British-Ukrainian aid. Слава Україні!"

To donate you can go to [Alexander Gusak is fundraising for British-Ukrainian Aid](#)

Club Matters

The 2025 5k/10k Races

I have put this first on the list as it is vitally important that we have enough volunteers to act as marshals and fulfil other tasks that need to be performed on the day. The race is on 2nd November, which is only 8 weeks away, and we are desperately short on numbers that have signed up so far.

You will hopefully have seen the message that was sent out by Sarah Hilliard recently and in response you will find the time on the Sunday morning to host runners from local running clubs and in so doing ensure their safety and wellbeing.

As has been said previously, well not quite to be honest, "ask not what you Club can do for you but what you can do for your Club".

And remember if, if want to enter the Club's London Marathon ballot, helping out on the day is a precondition. Just saying.

First Aid Training

Talking about members' safety, you will be pleased to know that a second wave of first aid training was delivered to the most of the balance of the Club's coaches on 18th August 2025. This means nearly all of the Club's coaches are able to deal with a minor medical emergency or know how to act if something more serious happens. You may also like to know that all of the Club's coaches have all been issued with first aid kit should an accident occur.

ESSCCL Season 2025/26

You will already have realised that Niall Smith is the Club's new Cross Country Manager, who is being ably assisted by Bryan Tapsell as Team Manager.

As stated previously, the forthcoming season will soon be upon us, with the schedule of races being as follows:

- 12th October 2025 - Black Cap, Lewes
- 23rd November 2025 – Snape Wood, Wadhurst
- 14th December 2025 – Whitbread Hollow, Eastbourne 3 lap route
- 11th January 2026 - Seaford Head, Seaford
- 8th February 2026 – Whitbread Hollow, Beachy Head route
- 29th March 2026 – Pett

Hopefully, the weather will play ball and there will a full calendar of events as planned this time around.

And before I go off and clean by trail shoes ready for the upcoming season, I would like to thank all contributors for making contact, all members for some great running during the month and I am looking forward to hearing what you have been up to in September.

Bob

Dates for your Diary

- 10th August 2025 - Henfield Half Marathon
- 24th August 2025 – Run, Brunch and Pool Party
- 25th August 2025 – Kings Head Canter (5k)
- 28th September - Hellingly 10k

Well that wraps it up for another month.

Let me know what you have been doing.

All contributions gratefully received.

Looking forward to running with you some time soon.

Bob