# Crowborough Runners –August 2026 Update

# The Eclipse Edition

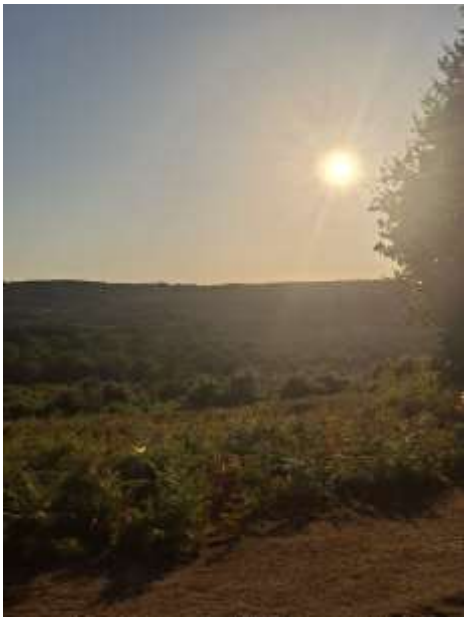
You don't need me to remind you that marathon training will soon upon us in earnest and I know that some of the members have already secured their place in "The London" and I am sure in many more races. With running becoming more and more popular, as evidenced in the significant increase in our membership, I know it is getting harder and harder to secure a place, with many races being booked up months in advance. So, better get the calendar out and start plotting for next season.

In terms of reporting this month, not so much to tell, but that is only to be expected with it being holiday season, and all that. Nevertheless, it has been good to see another scorching month has not prevented the Club's members from taking to the roads and the trails.

So, if you are wondering what we have all been up to, read on.

## Club Events

**Wednesday 12th August - The Eclipse**



As you probably know, I don't normally report on Wednesday social runs unless it's something special. Well, you don't have an eclipse everyday now do you.

A total solar eclipse is when the Moon passes between the Earth and the Sun and the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight. Totality occurs in only

a narrow path across the Earth's surface.  Nevertheless, ever hopeful of what we would see, the combined forces of Crowborough Runners set off for a once in a lifetime experience behind the Horder Centre.

As the type of glasses to view an eclipse were in short supply, I speak for those present when I say we were extremely grateful to those that had managed to procure a pair for their willingness to share their experience with us.

I have to admit I was there and it was somewhat eerie when it occurred and, although we weren't as fortunate as many others elsewhere in the world, it was unforgettable experience.

The next one will not be until 23rd September 2090.

No worries, I've already put the date in the colander.







**Sunday 16th August - Henfield Half Marathon**



The Henfield Half Marathon, which was the 9th race of the current series, is a recent addition to the Sussex Grand Prix calendar and is the only race in the series that takes place during August.

If trail running is more your thing, then this race, organised by Henfield Joggers, is the one for you, offering an off- road scenic course.

Amongst the 165 on the start line this year were four members of Crowborough Runners.

One of those on the start line was Mark Redfern who writes:

"The sun was again shining but not quite as brightly as the recent weeks, which gave four Crows the opportunity to stretch their legs on a Sunday Morning at the Henfield Half Marathon.

Alistair Lee, Pete Noon, Sarah Cooper and Mark Redfern all completed the half marathon trail run and represented the Crows at the SGP event. The race is a scenic 13.1 mile off-road trail run following riverbanks, disused railway paths and 'stiles'.

The scene was set at the start line by the Race Director announcing on his megaphone; 'The ground is hard and rutted. It's a trail race, so deal with it.'

That was not the safety briefing we was expecting!

The route was scenic, rugged (as promised) and challenging, with mile 10 to 11 littered with deep cracks underfoot, due to the recent hot weather. Then a few stiles in mile 11 to 12 just to make sure we were all paying attention.

The Henfield event was enjoyed by us all and some excellent times/PB's for the Crows were recorded. "

Peter Noon, who was also there, has confirmed that:

"It was a hot a humid day and although the elevation profile of the course hinted at a more manageable trail event, the hard, lumpy and rutted ground for some sections made it a harder undertaking than expected. Still a lovely route in an area I am not familiar with and well organised by Henfield joggers."

The full results for the Crows was as follows:

| Name | Time |
|---|---|
| Mark Redfrern | 1:31:38 |
| Peter Noon | 1:40:05 |
| Alistair Lee | 1:50:47 |
| Sarah Cooper | 2:05:11 |

I am grateful to them both for bringing to my attention that the event was also the venue for an attempt on the Guinness World Records.

Tom Fuller, from the RAF, ran at the event to try and obtain a world record for a trail half marathon carrying a 40lb rucksack. His time of 01:53:36, successfully broke (smashed) the Guinness World Record. Amazing. The comedian Joe Wilkinson, from 8 out of 10 cats, the original Sussex Charmer, was also there and ran it 02:22:48.

As Marks says "A World Record, a TV Celeb and Crows PB's all before Sunday Lunch, what's not to like."

Mark certainly intends to be there next year and hopes to be joined by many others from the Club.

And it would remiss of me not to mention that Sarah gained for herself a half marathon trail PB into the bargain.







**Wednesday 26th August – Pub Run**



Alas, all good things must come to an end. Well at least for this summer.

With the nights drawing in, it was time for the last pub run of the season and it was thanks to Mary Nightingale that we had the chance to explore some of the hinterland of Rotherfield, for a change, as well and enjoy the hospitality of a grade II listed 17th century coaching inn. Namely, the King's Arms.

What has been noticeable has been the growth in popularity of these occasions over the summer months, as members experience the delights of combining a rural romp with a chance to catch-up afterwards with fellow members of our running community.

It's perhaps a little sad that pub runs have had to come to an end. However, we are entering Fish and Chip run territory with the likelihood of the first of these having already taken place when you sit down and digest this newsletter. No worries though, as there will be one a month over the winter until the sap starts to run and spring is upon us once again.






**Monday 31st August - Kings Head Canter**

I have to say this race is one of my favourites, combining a 5k course through the countryside with the reward of a cooling refreshing pint at the finish. Unfortunately, I couldn't make it this year but I am glad to say there were many the Crows that did.

For those that don't know, the race starts in Cetelingei, as it named in the Doomsday Book, or Chiddingly as it is today.

From there you make your way to the charming village of East Hoathly upwards via one of the seven hills that Chiddingly is traditionally said to be built on.

Waiting for you at the end is a cold refreshing drink courtesy of the King's Head, which is needed to refresh the parts other races can't reach for the walk, or run, back to Chiddingly that is.

There were 326 on the start line for the canter and as always, the Crows were well represented, and didn't the juniors give their elders a run for their money.  Also good to see fathers and sons running together making it real family occasion.

| Finishing Position | Name | Time |
|---|---|---|
| 13 | Will Isted | 0:16:49 |
| 41 | William Dean | 0:18:47 |
| 73 | Jacob Smith | 0:20:11 |
| 117 | Zak Bryant | 0:22:24 |
| 118 | James Bryant | 0:22:24 |
| 123 | Finlay Perry | 0:22:43 |
| 127 | Zebedee Smith | 0:22:56 |
| 146 | Amelia Brown | 0:24:07 |
| 178 | Thomas Dean | 0:25:46 |
| 179 | Alan Dean | 0:25:46 |
| 181 | John Crockford | 0:25:52 |
| 243 | Kevin Battell | 0:29:59 |
| 271 | Sharon Wheeler | 0:32:04 |
| 292 | James Welbury | 0:33:39 |



## Members Corner

### New and Returning Members

It's a warm welcome from all of us to

Charlie Marr
Simon Gregory
George Dunstall.

### The Deadly Dozen by the Awesome Twosome

Have you never heard of the Deadly Dozen races?

Nor had I until I recently heard about them from member Alice Richardson.

Well, the Deadly Dozen is a Fitness Race built around a simple format, i.e. completing 12 × 400m Runs and 12 Exercise Stations, known as "labours" that are lined up in the centre of the athletics track, numbered from 1 to 12.

After completing a lap of the track, an athlete completes one the 12 labours in number order, each time returning to the track until all 12 laps and labours have been completed. However, you are not finished then, as there 20 Devil Press before crossing the finish line.

Sounds pretty brutal to me.

Nevertheless, Alice and Ella Gavin did the Club proud and podiumed in 3rd place,

So well done both of you.



**Parkrun**



Parkrun is now truly international and I know that members travel far and wide to take part.

An illustration of this, is the Parkrun that takes place in Parco Nord Milano, on the northern edge of Milan. What is also interesting is the fact that Parco Nord is a huge ecological and recreational landscape, as you can see, that was built by transforming an industrial wasteland**.** It's also an ideal haven for runners.

If you a looking for a fairly flat course in an attractive setting, this is the parkrun you need to try.

Someone who was tempted was member Marci Brivio.




Grande corsa Marco

And

While I am on the subject of Parkrun, a huge thank you to member Craig Chapman who has started compiling a weekly of results schedule for members taking part in Parkrun and making this available on WhatsApp.

However, to make sure you are included you need to make sure that you are registered with parkrun as a Crowborough Runner.

**Scent and Sensibility**



A member recently brought to my attention to something that happened to him some years ago that I think you will find amusing.

It was clear morning and Snowdon had a dusting of snow around the summit.

The event started with a steep climb up the Llanberis Pass by road and then you had to circumnavigate the base of Snowden and finish back in Llanberis.

As you do, he found himself in a group of about a dozen runners and became aware of an amazing smelling fragrance emanating from one of the runners. Moving around the group he discovered the lady who was wearing it and he managed to keep up with her until about the 18 mile marker. He should have asked her what fragrance it was, but it was a marathon and though that was the end of it. Nevertheless, when he finished he saw that the lady was only a few places in front of him. Result!

Medal round his neck, wife and friends congratulating, his response was “I just need to ask that lady something”. Not a chat up line he had used before.

Name of the fragrance identified, he then purchased it for my wife’s birthday, only to find out fragrances don’t necessarily smell the same from person to person and (I’m assuming) it didn’t have the same effect.

I am not aware that he made his wife aware of this fact, but if nothing else it helped dragged him to 18 miles!

If you have a funny story to tell about a race you have run, or there is something a little "off of the wall" that gets to the finish line and would like to share, please let me know.

## Club Matters

**5k and 10k Races**




I recently had the pleasure of making a presentation, on the Club's behalf, to England Athletics first South East Region Road Running Forum and I wouldn't blame you if you are asking yourself, what has this to do with our 5k and 10k races.

Well, the attendees were quite frankly amazed at what they Club offers to its members, especially based on the annual fee that members pay.

We are able to do this, as I explained, to a large extent, due to the sponsorship and the income that arises from the 5k and 10k races. It is the Club's major fund raising event and the success of the event this year will directly influence whether we need to increase membership in future years

You are, I am sure, already aware that the Club's 5k and 10k races will be taking place on 1st November 2026 and all the necessary preparations are either already in place, or well advanced, to ensure the success of the event. Nevertheless, being able to hold the event and the success of the event on the day will be very much dependent on being able to field the required number of volunteers. These are essential for completing the necessary preparations on the day itself, acting as marshals around the course, helping with catering and act otherwise to ensure the health and safety of the participants, to make sure that they are fed and watered, and importantly want to return the following year.

The 10k race committee would like to extend to you a huge thank you if you have already signed up for this year. The same applies if you volunteered on the day last year and we are very much anticipating that you can do so again this year.

Currently, those that have responded on SPOND currently falls far short of the number required.

I am sure that I don't need to remind you that if you want to run on the day that you need to find someone to volunteer on your behalf. This means you don't have to be a Club member to volunteer. All are welcome.

The Club is extremely fortunate that Lisa Herbert has agreed to take on the role of Chief Marshal and she will no doubt be in touch with you directly in due course. In the meantime, if you can confirm on SPOND now your willingness to volunteer, it will be much appreciated.

**ESSCCL**



With the days getting colder and a little damper, you can tell that cross country season will soon be upon us.

You will be aware that the schedule of events for the ESSCCL 2026/27 has been published but as a reminder, this what is planned.

| | |
|---|---|
| 11th October 2026 | Snape Wood, Wadhurst |
| 22nd November 2026 | Black Cap, Lewes |
| 13th December 2026 | Abbotts Wood, Hailsham |
| 31st January 2027 | Whitbread Hollow, Eastbourne |
| 21st February 2027 | Seaford Head, Seaford |
| 14th March 2027 | Pett, Hastings |

I have been reliably informed that there is currently a record number of entrants from the Club and there is room for plenty more to help the Club secure 1st place this season, having come so close last.

**London Marathon Club Ballot**

I will soon be writing to everyone inviting them to enter the London Marathon club ballot with the lucky winner being announced after the 10k race in November.

So that you are aware, to be eligible, you need to:

- Provide evidence that you entered and were unsuccessful in London Marathon public ballot;
- Not have secured the Club place in the 2026 London Marathon;
- Have been a Club members for at least a year on the date the winner is announced;
- Have volunteered on the day of the 2026 Crowborough 10k

Well that's from me for this time, but I will soon be after what you have been doing in September, which I can already tell will be a little livelier in the terms of events.

As also, extreme grateful for all contributions received.

Bob