



Crowborough Runners

Club Update August 2024 (2)

Hi All

A bit of a marathon read this one I'm afraid but stick with me.

I can't believe the summer is nearly over.

It seems only recently we were all getting more than a little excited about being able to run off road and getting home before it got dark. Now running off road on a Wednesday evening is nearly, if not, over for another year. Although, on reflection, a lot has happened this summer, as reading back through the Club Updates testifies. What is particular pleasing is to note from these is the spirit of coming and running together more seems to be returning to the Club. Long may it continue say I. That said, the main purpose of this missive is to tell you what has happened recently and what is coming up to end our summer running with a bit of a bang.



Firstly, for those that missed it, the last in this year's series of Summer Runs took place on 18th August 2024. A series of three new routes, this time on the Ashdown Forest, starting and finishing adjacent to Duddleswell Tea Rooms. I have to be honest and say I ran parts of the forest I'd never seen before, as was the thoughts of many others that were there. These

were courtesy of Mark Chapman, who the day before helped to mark them out in the usual fashion. All were just right to provide an ideal start to a Sunday, as the photos below show.



There is no doubt this year's Summer Run series has been a great success, which is in no small way due to the efforts of Lisa Herbert, ably assisted by her sister and her canine companion Pebble.

The hope is to continue to make this an annual event, but to do so will mean spreading the load a little wider next year. To date these runs have been reliant on Lisa, who apart from coming up with the idea in the first place, has taken the lion's share in organising all three events and manning the refreshment table for the past two years. We now have all the routes we need, although other suggestions would be welcomed. We could even resurrect a blast from the past and hold the event at Bewl and follow it with a barbecue, as was

suggested for this year. To make these runs happen next year, will require one, or a couple of members, to organise one of the events. I will be seeking volunteers next spring.



If running on the forest wasn't enough for some people, a Pub Run took place on Wednesday 21st August 2024. This involved taking the long route around Walshes Park and its amazing views, and a bit more, starting and finishing at the Wheatsheaf pub. A big thank you goes to Meg for organising, and leading the runs with Sarah on the night.





To bring August to a close there was the annual 5k Kings Head Canter from Chiddingly to East Hoathly for which there was good turnout by the Crows.



For those that like an uphill climb it is a must. A pint at the end as a reward makes it worthwhile.



Good running by the Crows and the results were as follows:

Place	Name	Time
19	Lewis Spiers	0.18.02
46	Jacob Smith	0.20.16
83	Chris Russell	0.22.47
104	Zak Bryant	0.24.30
105	James Bryant	0.24.31
124	Scott Werner	0.25.02
157	Louise Elis	0.26.33
160	Mary Nightingale	0.26.55
169	Kevin Battell	0.27.15
181	John Tighe	0.28.13
201	James Welbury	0.29.47
213	Odette Thackrar	0.30.49
216	Jayne Meyers	0.31.00
236	Bob Archer	0.32.44
237	Sharon Wheeler	0.33.33
259	Dominique Welbury	0.38.03

Well, that may well be it for August but there's more to come in September. Oh yes.

You may have already seen that the 10k relay is being reprised on Monday 23rd September 2024 starting at 7:00 pm. I am on duty to run the track session that night so if you would like to join me for a warm-up and some dynamic drills at 6:30 you will be more than welcome. There will be medals for all and refreshments available throughout. If that, and

the inducement of the fun of competing with your fellow members is not enough, there will be pizza and beer available to round off proceedings.

Details of how to enter can be found on the poster below.



Finally, I should mention that there will be the last Pub Run of the year on Wednesday 11th September 2024 starting and finishing at The White Hart on the Green, kicking off at 7:00 pm. After that the summer will be officially over but have no fear you can look forward to the return of "batter and chatter" nights at Fiiisssh that will take place monthly on a Wednesday evening until spring next year starting on October.

King regards and looking forward to running with you soon.

Bob