



Crowborough Runners

Club Update December 2025 – The Festive Edition

Well that is another year “done and dusted” and what a year it has been for the Club and its individual members, all of whose successes need to be congratulated, be it knocking out less than 3 hours in a marathon if you are a guy, of which we now have a number of members that have now achieved just that, or breaking 3:30 if you are gal, achieving a new personal PB, which I know many have achieved in the year, or just continuing to enjoy the benefits that our sport bestows, which I know can be hard sometimes just taking that first step out the door. Time permitting, I am hoping to include a roundup of the highlights of 2025 in the next edition of Update. Nevertheless, before I go any further, can I wish you a prosperous 2026 and every success in your running during the year, whatever the goal is that you set yourself.

In relation to the Club, wouldn't it be great to see the membership continue to grow and prosper in 2026. At the end of the year the membership totalled 137, which means our fame has continued to spread.

It's not yet the middle of January and we have seen a number of prospective members attending taster sessions. In addition to this, I have received a number of enquiries with the request to come and see what we do.

Building on the successes of last year, we have a number of social events in the planning, but there I am getting carried away again.

So, here what was going down in December.

6th December 2025 – Sussex AA Cross Country - Ardingly



The South of England Showground at Ardingly hosts a calendar of events throughout the year and was pleased to host the 3rd in the current series of the Sussex AA cross-country races on 6th December 2025.

These events attract some of the top runners from clubs all over Sussex, both adults and juniors alike, and have in recent years have attracted a number of the Club's members for whom cross country is an amazing way to spend a Saturday. This event was no exception, as you can see.

Representing the Club's juniors were:

| Finishing Position | Name | Time |
|---------------------|------------------|---------|
| Under 13 Girls (3k) | | |
| 14 | Charlotte Howard | 0:14:28 |
| Under 17 Women (5k) | | |
| 23 | Anna Ivaldi | 0:30:49 |

Representing the Club's seniors, and making it three in a row, were the duo of Adam Styles and John Crockford, who knocked the 8k out in 0:39:36 and 0:51:21 respectively.

Well done everyone.

7th December 2025 – Seaford Striders Mince Pie 10-Miler



You would be surprised to what lengths some runners will go for mince pie. However, if that is what "rows your boat" and you are not averse to getting dressed up and into the Christmas spirit, the Mince Pie 10-miler, hosted by Seaford Striders, is the event for you. This annual event is always a very popular one and is why you need to book your place early. This could help to explain why I managed to book it twice. As I always say, god knows what I shall be like when I get old.

It also explains why I and my fellow Club members found ourselves surrounded by a whole array of festive characters from Santa Clauses, to cheeky pixies, to naughty elves who had vacated their shelf for the day to cause havoc in some way or another. I have to say I felt seriously under-dressed but watch out for next year.

On the start line, eager to explore the hinterland of Peacehaven, were 521 runners of all denominations.

The 10 miles we knew would be a mixture of 6 miles of farm tracks and bridle ways and 4 miles on-road, so choosing the right shoes would be a bit of an issue. As it turned out, waders would have been more appropriate for some parts of the route.



Add to this the mist and the rain and the wind and that incline at Mile 6, and you had the perfect recipe for a fun a day out. Not for the faint hearted.

Included in the not-fainthearted were:

| Finishing Position | Name | Time |
|--------------------|----------------|---------|
| Ladies | | |
| 485 | Jayne Meyers | 2:12:14 |
| 475 | Sharon Wheeler | 2:11:24 |
| Men | | |
| 179 | Scott Werner | 1:34:42 |
| 512 | Bob Archer | 2:18:42 |

And that mince pie at the finish was just the job.



14th December 2025 – ESSCCL Abbotts Wood



The ancient woodland of Abbott's Wood is adjacent to the village of Arlington and not far up the road from Bayham Abbey, and you might like to know that in the dim distance past it was under the stewardship of the Abbott of Battle Abbey, hence the name. A popular spot, it also hosts events throughout the year, one of the most recent being the 3rd in the 2025/26 ESSCCL series of cross-country races and a new addition to race calendar.

After skating their way around 5 miles the previous month, the members attending were relieved to find that Abbott's Wood was the antithesis of Snape Wood in many respects. As Peter Noon, who ran it confirmed, it was" an unusually flat and flat-out course. Very different to the twisty, hilly run that is usually on the agenda".

Runners found that the route first took them down a gentle downhill through a wide, tree-lined avenue, before the need to negotiate leafy paths and mud (of course) which then brought them to the main stone gravel track. From here it was case of climbing what could be described as a testing 60-metre hill, before looping around the smaller lake and then tackling the same climb again on the longer Robin Post Lane Loop.

As it turned out on the day, the conditions were near perfect for the 40 adult members from the Club turning out on that Sunday morn to seek glory and try and improve the Club's position in the rankings for the championship. Could we convert 2nd into 1st place? Would the gods be with us?

Sadly, despite the best efforts and some excellent running by all who attended on the Club's behalf, 1st place remained elusive. However, we did manage to maintain 2nd place and with 3 races to go there was still all to play for.

The rankings on the days were as follows:

| Finishing Position | Name | Time |
|--------------------|---------------|---------|
| Men | | |
| 9 | Matt McCarthy | 0:28:20 |
| 11 | Colin Tricker | 0:28:46 |

| Finishing Position | Name | Time |
|--------------------|-------------------|---------|
| Men | | |
| 21 | Ollie Welch | 0:29:25 |
| 27 | James Bryant | 0:29:46 |
| 39 | Zach Drake | 0:30:22 |
| 45 | Peter Noon | 0:30:49 |
| 49 | Gordon Berry | 0:31:01 |
| 54 | Maurizio Di Santo | 0:31:23 |
| 68 | Peter Turner | 0:32:12 |
| 91 | Adam Styles | 0:33:27 |
| 116 | Tim Probert | 0:34:29 |
| 119 | Alan Dean | 0:34:33 |
| 124 | Niall Smith | 0:34:40 |
| 147 | Chris Russell | 0:35:38 |
| 174 | Alistair Lee | 0:36:35 |
| 182 | Jack Knapp | 0:37:03 |
| 183 | John Everest | 0:37:04 |
| 204 | Stephen Sedgewick | 0:38:29 |
| 213 | Ashley Box | 0:38:41 |
| 215 | Bryan Tapsell | 0:38:53 |
| 299 | Scott Werner | 0:43:41 |
| 390 | Roger Stone | 0:57:29 |
| Ladies | | |
| 60 | Hannah Jackson | 0:31:43 |
| 185 | Olatz Ruiz-Smith | 0:37:08 |
| 220 | Claire Styles | 0:39:02 |
| 225 | Heather Stevens | 0:39:14 |
| 233 | Eileen Welch | 0:39:43 |
| 260 | Lorna Buckwell | 0:41:06 |
| 265 | Bex Stevens | 0:41:18 |
| 281 | Louise Ellis | 0:42:08 |
| 289 | Pearl Manser | 0:42:46 |
| 324 | Sally McCleverty | 0:45:36 |
| 338 | Louise Knapp | 0:47:12 |
| 348 | Jayne Meyers | 0:48:15 |
| 384 | Shirley Matthews | 0:54:36 |
| 392 | Julie Erxleben | 0:57:50 |

There was also another excellent turnout by the junior members, with some great running by all, with Charlie Workman, Charlotte Howard and Jacob Smith making it 1st place in their age category twice in a row.

| Finishing Position | Name | Time |
|----------------------|--------------|---------|
| Under 11 Boys | | |
| 4 | Max Noon | 0:09:24 |
| 7 | Finlay Perry | 0:09:41 |
| 9 | Zak Bryant | 0:09:50 |

| | | |
|-----------------------|------------------|---------|
| Under 13 Boys | | |
| 1 | Charlie Workman | 0:08:51 |
| 3 | Sam Buckwell | 0:09:29 |
| Under 13 Girls | | |
| 1 | Charlotte Howard | 0:09:25 |
| 2 | Amelie Hutton | 0:09:40 |
| Under 15 Boys | | |
| 3 | William Dean | 0:12:54 |
| Under 15 Girls | | |
| | Amelia Brown | 0:16:17 |
| Under 17 Boys | | |
| 1 | Jacob Smith | 0:12:37 |

A huge thank you to Eastbourne Rovers for a really well organised event.



4th December 2025 – Denbies Santa Run



Another event, if dressing up is your thing, is the Denbies Santa Run, although I always wonder when I see people in fancy dress, especially for a marathon, how many after the first mile still think it was good idea.

Taking place annually at Denbies vineyard in Dorking, it is another hugely popular event and is a regular entry in the calendar of a number of the Club's runners. With no need to hunt through your dressing up box for that Santa suit, with one being provided, and the temptation of a mince pie and a glass of mulled wine at the finish, and another piece of bling for the collection, why wouldn't you. Seriously!

Taking part from the Club were Sharon Wheeler, Kevin Battell, James and Dominique Welbury and John Tighe.

A fun time was had by all, as you can see.



17th December 2025 - Club Christmas Lights Run



Rounding off a year of highly successful social events, courtesy of Meg Attwood, was the long-standing tradition of the Club Christmas Lights Run, which goes back almost the Club's beginnings.

With the increase in residents dressing their houses for the festive season having increased over the years, the sightseeing now needs to take place on more than night. However, the "official" run took place on the 17th December and this year it was my pleasure to host the event, which started and finished at Chez Fairmount.

The conditions were ideal and what made it special for the "easy" group is we got to meet Father Christmas himself. That's right. In person. In Queens Road he got out of his car (well it was 2025 after all) to wish us well and pose for photos. Now, how cool is that.



A good attendance as always and it was pleasure to see so many runners set off, glow sticks in hand, before returning for the traditional mince pies and mulled wine, purely for health reasons that is. Yes. I'm not so sure about the mince pies, but scientists have confirmed that drinking mulled wine may convey certain health benefits. It could even help with lowering blood pressure. Now didn't you always feel that was the case? Generally after the 3rd or 4th glass I would say.



Members Corner

New and Returning Members

A very warm welcome to:

Oriol Margo

A trip to the seaside



The Thanet 5-miler took place on 6th December and amongst those on the start line was member Marco Brivio.

Despite the less than ideal conditions, those that braved the grey, wet and miserable weather enjoyed what I have been told was a well organised, fast but relaxed race. The marshals were apparently amazing, which always helps, and a bonus, even on such a gloomy day, was the sea view over Margate.



Well done Marco

Sarah's Aussie Adventure



So here we were in the wet and the cold whilst member Sarah Cooper was enjoying some Christmassy weather in Aus.

Those who know Sarah won't be surprised to hear that she took her running shoes with her and amongst other things enjoyed a 10k run with the Sydney Running Stars.

The Running Stars was established by and is operated by a group of friends that wanted to enhance the weekly run (run, jog, or walk). Its weekly community running event, that takes place on the northern beaches of Sydney, is very much focused on physical and mental wellbeing and is about bringing the best out of the individual & making them shine. So, a little like what we then.

Knowing Sarah, I am sure this wasn't only one of her running adventures.



James Parkrun Journey

Who would have thought that the first Parkrun that took place on 4th October 2004 would lead to there being 2,107 Parkruns, plus 512 junior Parkruns, worldwide, with there being in the UK 823 and 466 respectively. In the UK, in terms of size of attendees, running, jogging or walking, numbers range on average per week from 1,600 in Bushy Park to 22 in Garvagh Forest in Northern Ireland, and James Welbury seems hell-bent on attending them all at some time.

Yes, James has continued his Parkrun journey throughout 2025 and no doubt intends to do so during 2026. Here are just a few of the locations he attended during the year.



On the subject of parkrun over the holiday period, Club Membership Secretary Ron Cutbill, on his Christmas stay-away in Norfolk, indulged in the delights of the Sheringham Parkrun,



Whilst Shirley Matthews made it a family affair at her normal Parkrun in Hastings.



Club Matters

Marathon Workshop – 27th January 2026

You've followed your training plan religiously and had a good night's sleep the night before the race and up to Mile 20 all is going swimmingly. Then. Out of the blue you hit "the wall". Your glycogen stores are empty and you have to call on your reserves of sheer willpower and cussedness to keep you going.

Sports nutrition has advanced considerably over the years and fuelling properly in the run-up to, just before, during and after any race of any distance is so important.

With many of at the commencement of their training plan before their big day, it goes without say that it is important that eating right becomes as regular a part of your routine as lacing up your running shoes and getting those all-important miles in. This is why, if you can find the time, you are invited to join a Marathon workshop being held at Freedom Leisure after the track session on Tuesday 27th January 2026 hosted by Janie Perry, who, as well as being a qualified sports nutritionist, has a wealth of experience in running marathons all over the world.

But “I don’t run marathons” I hear you say.

What Janie has to say will be as relevant to marathon runners as it is to Parkrunners, so I am looking forward to seeing you there.

Well, who said December would be quiet month for news.

I sincerely hope you enjoy reading this edition of Update at I look forward to hearing what you have been up to during January 2026.

Bob