



Crowborough Runners – February 2026 Update The Emerging from Hibernation Edition

Just like when the first green shoots start to pop above the ground signalling it will soon be Spring, so road races start to appear in the calendar and runners start to enter races as a sign that the full-on marathons will soon be upon us. Those lonely journeys out in the wind and rain become intermingled with occasions when you meet up with like-minded individuals and you are able to test yourself along with others to demonstrate to them, and more importantly to yourself, that all the hard work you have been putting in over the winter months has been worth it. How far along the road you have come and what is left to do to achieve that new PB you have been promising yourself all winter long.

From what was pretty lean month in January with the main outing being courtesy of the cross-country league, as you will see, there was lot more happening in February with some great running as always.

8th February 2026 - Farnborough Half Marathon



The Farnborough Half is one of the first in the racing calendar and a regular event for many of our Club members.

The Farnborough site, billed as the home of the aviation industry, has a rich history with being previously the home of the Royal Aircraft Establishment and of the Farnborough Air Show for many, many years. It's a site I knew well, having had a office there back in the dim distant past, and would like to think that the tree that Frank Whittle used to test his jet engine is still there, although the one that stood there when I was there was rumoured not to be the actual tree. Another bit of history retained is the Airship hanger on what is now Farnborough Business Park, which is where runners all lined up for the start.

As always, the event, celebrating its 10th anniversary, was fully subscribed with 2,351 runners crossing the finish line, which included 6 of “our own”. Rumour has it they all walked off with a bumper goody bag, so well worth the run then.

Well done to all.

The results were as follows:

Finishing Position	Name	Time
Ladies		
719	Janie Perry	1:42:18
1185	Eileen Welch	1:53:36
2146	Sharon Wheeler	2:28:47
Men		
705	Stephen Sedgewick	1:41:55
700	Byron Thomas	1:41:48
211	Ollie Welch	1:25:49



8th February 2026 – ESSCCL Whitbread Hollow



This month's cross country outing was a little east along the coast from last month, to Eastbourne, known for his flat promenade. What is less well known is Whitbread Hollow, which nestles near the end of the South Downs Way, and the route of out of which is not so flat. As I think I said last year, it's described as a sweet little loop with beautiful sea views and decorated with pretty coastal plants.

What we all knew was soon after the start is that we would be making an ascent up the path to near Beachy Head. So not much looking at the beautiful sea views and pretty coastal plants then. The upside was the way back was virtually downhill all the way, with the trail we would be running being a little more generous in terms of foothold than the previous month.

Yet another good turnout by the Crows with 38 turning out on, from what I can remember, a perfect day for a run. It was also a good day in another respect with the team winning Whitbread Hollow placing the Club overall 3rd in the championship, with one race to go.

The results were as follows:

Finishing Position	Name	Time
Ladies		
82	Ella Gavin	0:37:53
109	Christy Styles	0:39:10
136	Olatz Ruiz-Smith	0:41:09
145	Heather Stevens	0:42:10
161	Claire Styles	0:43:17
175	Alice Richardson	0:44:05
191	Lorna Buckwell	0:45:06
199	Sarah Cooper	0:45:44
201	Bex Stevens	0:45:49
205	Mary Nightingale	0:46:14
207	Louise Ellis	0:46:27
214	Pearl Manser	0:47:02
224	Mary Down	0:49:02
254	Sally McCleverty	0:52:53

Finishing Position	Name	Time
Ladies		
258	Jayne Meyers	0:53:34
272	Sarah Hilliard	0:56:00
287	Shirley Matthews	1:03:07
288	Julie Erxleben	1:03:19
Men		
5	Matt McCarthy	0:29:52
8	James Bryant	0:30:00
16	Jonathan Rafferty	0:31:07
29	Dean Taylor	0:33:01
30	Neil Couchman	0:33:07
31	Pete Woodward	0:33:08
34	Peter Noon	0:33:26
35	Maurizio Di Santo	0:33:32
38	Zach Drake	0:33:36
46	Alistair Lomax	0:34:22
47	Adam Styles	0:34:25
53	Peter Turner	0:35:21
63	Alan Dean	0:36:18
67	Tim Probert	0:36:39
75	Chris Russell	0:37:16
143	John Everest	0:41:48
157	Bryan Tapsell	0:42:56
249	Ron Cutbill	0:52:21
277	Roger Stone	0:57:52
278	Bob Archer	0:58:01

Another excellent turnout also by our junior members to boot.

Finishing Position	Name	Time
Under 11 Boys		
5	Max Noon	0:08:32
13	Zak Bryant	0:09:21
Under 11 Girls		
9	Iona Lomax	0:10:04
Under 13 Boys		
3	Charlie Workman	0:08:21
4	Sam Buckwell	0:08:39
Under 13 Girls		
1	Charlotte Howard	0:08:29
2	Amelie Hutton	0:08:43
Under 15 Boys		
3	William Dean	0:13:59
Under 15 Girls		
2	Amelia Brown	0:17:36

Finishing Position	Name	Time
Under 17 Boys		
1	Jacob Smith	0:15:06
Under 17 Girls		
2	Anna Ivaldi	0:20:14





14th February 2026 – Sussex AA Cross Country League



The 14th of February saw the Sussex AA Cross-Country season draw to a close with the last race being at Glyndebourne.

As had been said before, by me I think, these races attract some of the best Club runners from all over Sussex, which included representation from the Club. On the day it was a case of “on with the motley” and away you go and once again those attending did the Club proud.

Finishing Position	Name	Time
Under 13 Girls		
13	Amelie Hutton	0:13:06
16	Charlotte Howard	0:16:08
Under 17 Women		
15	Anna Ivaldi	0:36:46
Vet Men 50+		
16	Adam Styles	0:43:11

15th February 2025 – Cancer Research Winter 10k



The photo above shows a nice sunny in Trafalgar Square. Take it from one that was there, this certainly wasn't the case on the day of the Cancer Research Winter 10k. Heavy rain and 3 degrees centigrade was the order of the day, which somewhat took the shine off of things with the run itself being well organised and a route that took in many of the sights of London. The bag drop was another matter, but I won't even go there. Nevertheless, it was for a good cause and we all came away with another medal for the collection. We all thought at one point that we would all come away with hypothermia, but gladly we all managed to avoid that.

The runners and riders were:

Finishing Position	Name	Time
Ladies		
8273	Naomi Noble	0:58:17
11270	Juliet Fraser	1:02:49
14245	Charlotte Mathers	1:08:01
6462	Richard Grinham	0:55:35
15200	Bob Archer	1:10:01



2nd February 2026- Tunbridge Wells Half Marathon



The Hendy Tunbridge Wells Half Marathon is a firm favourite with a number of the Crows. This one was no different. Following an extended period of relentless bad weather, the Sunday morning offered a welcome reprieve. The conditions, while still brisk, were far from intolerable, allowing everyone to enjoy the day without the usual discomfort brought on by the cold.

For those that haven't been tempted, the route is a one-lap circuit through the Kent countryside taking you through Southborough, to Penshurst, via the Bidborough Ridge, with its panoramic views of the Kent countryside to be enjoyed, that is if you wanted to take a breather. It is then on to Fordcombe and the famous (infamous) Spring Hill. Of the many hills along the way, the organiser describe it as significant, although I am sure that is not the description many of the runners gave it one the day. 300 feet of ascent to be specific. It's then back to whence you started.

The usual crowds were in place keeping the runners motivated.

Great running by all, although I don't think the other runners will mind me mentioning Jayne Meyers for whom it was her first half-marathon. Huge congratulation and, as I understand it, what will be the first of many.

The full results for the Club were as follows:

Finishing Position	Name	Time
Ladies		
371	Janie Perry	1:45:04
492	Olatz Ruiz-Smith	1:48:15
578	Sarah Cooper	1:51:24
898	Lorna Buckwell	2:03:24
958	Gemma Faramus	2:06:26
1116	Lisa Herbert	2:12:54
1208	Marie Bolton	2:19:18
1300	Sharon Wheeler	2:30:56
1335	Jayne Meyers	2:37:52
1374	Shirley Matthews	2:47:60
Men		
12	Nick Harvey	1:18:44
17	Will Isted	1:20:11
105	Ian Balmer	1:29:46
207	Maurizio Di Santo	1:37:12
369	Steve Bolton	1:44:28
519	John Everest	1:49:29
888	Alistair Lee	2:01:54





Members Corner

Firstly, I would like to extend, on your behalf, huge congratulations to Niall Smith, your Cross Country Manager and ultra-runner extraordinaire, on recently securing his Coach in Running Fitness qualification.

New Members

A very warm welcome to:

Simon Jones
Sarah Cullen
Frankie Tolhurst
Ed Lawrenz

Going it alone



Is there ever a bad time to enjoy the beauty that is Bedgebury Pinetum? Well, on the day of the Bedgebury 10 mile on the 1 February 2026, the conditions, to honest, could have been better, so I understand. There to brave the elements was member Sarah Cooper. Sarah writes " Cold, sheet rain and a lot of mud but great fun"

As always, Sarah did herself proud knocking it out in 1:32:33, securing for herself 119th place out of field of 277 and gaining a 1st in her age category.



Helping Getting You in Shape for the Marathon Season

As a Club we are extremely lucky to have some specialists amongst our membership with the knowledge to help you improve performance.

As featured in last month's Update, Janie Perry was able to give you the know-how on nutrition.

Another long-term club member is Ian Balmer, aka Physio on the Green.

Ian writes:

"Marathon season is approaching... are you ready? Whether you're training for a full marathon, chasing a new 10K PB, or preparing for your first 5K, now is the perfect time to fine-tune your running performance.

At Physiotherapy on the Green in Crowborough, we're offering professional Running & Gait Analysis to help you:

- Improve running efficiency
- Reduce injury risk
- Correct imbalance
- Boost performance
- Train smarter, not harder, and
- If you're currently managing a "niggle", or returning from injury, we also provide targeted injury rehabilitation to get you race-ready with confidence.

As a running enthusiast myself, I understand the demands of training, the frustration of injury, and the drive to perform at your best. Our assessments are not just clinical — they're practical, runner-focused, and tailored to your goals. From marathon runners to parkrun

enthusiasts, we'll assess your biomechanics and create a personalised plan to keep you strong all season long."

What you might also like to know is there is a special discount for members of Crowborough Runners

To book an appointment the following link <https://www.physiotherapyonthegreen.co.uk/our-services/gait-analysis>

He's Joined the 250 Club

You may have gained from past editions that James Welbury has run the odd Parkrun or two in places far and near. Well, he ran his 250th recently.

This was in a very sunny Belfast Victoria Park.

James writes

"Lovely volunteers and a very good standard, with those up front regularly doing 15 mins."

Well done, James.



Club Matters

Couch to 5k

We have been extremely lucky to swell our ranks in recent months with many new members of all abilities. However, joining a running club can still be, to some, quite daunting, especially if you haven't run before. This is why it was recently agreed that we introduce Couch to 5k into our weekly programme, starting on 6th April 2026 and we would like your help to spread the word. So, if you know someone who is

- Looking to improve their fitness, or reset their mental health
- Looking to start running, or fell out of love with running a while ago

- Returning from injury and looking for easy way back in.
- Has tried Couch to 5k before and didn't complete it as it wasn't much fun, or
- Is just wanting to set themselves a goal to aim for

Coach to 5k is something absolute beginners can successfully complete, irrespective of age or current level of fitness and the sessions will be run in a relaxed friendly atmosphere.

The sessions will be held at the track at Goldsmith Recreation Ground on a Monday and Wednesday at 6:30 pm.

The first session is 6th April 2026, will run for 9 weeks until 1st June 2026 and the cost of the whole programme is £45. For those on completing the programme and wanting to be Club members, this will be your membership fee for the year-ended 31st March 2027.

To apply email info@crowboroughrunners.org.uk

Crowfest

Crowfest is returning to the town this year and Crowborough Runners will be there.

If you have not been before, it is a local family-friendly one-day festival, offering a day out for the community and helping local music artists, businesses and community groups to grow.

This year's event will take place on 11th July 2026, from 1pm to 9pm, at Goldsmiths Recreation Ground and will be completely free to attend.

As well as plenty of live music, the festival will incorporate activities such as market stalls, food and drink outlets, entertainment, and live performances, the exact details have not yet been decided.

We have a number of ideas under consideration, but any suggestions/ideas will be extremely welcome.

Lights. Camera. Action.

What you might not know is that Crowborough Runners is a beneficiary of the Wealden Community Lottery.

To promote the lottery, Wealden have commissioned the making of a short film featuring local organisations it supports and Crowborough Runners has been chosen to be one of them. The film will be available to view on the Wealden website, Instagram and YouTube in due course.

The first day of filming was 17th March, when I, along with Sarah Hilliard and Jayne Meyers, had the pleasure of giving some background as to what the Club does and the benefits it bestows.

The second day of filming is in April and will be at one of our track sessions on a date yet to be decided, but hopefully on a lovely sunny evening. No auditions. Just turn up. What you will have to do to take part is sign a consent form in advance, a link to which will be sent to you when the date is known.

A Big Thank You to England Athletics

What the Club was also a beneficiary of in the recent past was a grant from England Athletics. This enabled us to replace the old archaic system for applying for membership to be replaced with on-line form that is now available via the Club website.

As this was something a little out of the ordinary, England Athletics asked us to provide a short write-up of what we did with the grant that will appear on the England Athletics website some time soon.

Well, that's it then.

If you have made it this far, thank you for sticking with it and I hope you enjoyed reading what we have all be up to.

There will be another edition next month, when all contributions will be welcomed.

Bob