



## **Crowborough Runners**

### **Club Update January 2025**

Well January is already over and we are already into February. Seriously!

After the Christmas and New Year festivities I always think it is only right to anticipate a period of calm, of reflection and a time of rest. Then you remember half and marathon season is starting to appear on the horizon and just the thought of it gets you out the door. However, that's not the only thing, as there are still races to compete in, despite the weather, which brings me to the first event of the month.

#### **12<sup>th</sup> January 2025 – Black Cap**



Black Cap was the 4<sup>th</sup> in the current season of ESSCCL races and was organised by Lewes AC.

You will remember that the day was preceded by a spell of typically wintery weather with snow and ice on the ground, which proved certainly to be the case on the outskirts of Lewes. Jack Frost wasn't just nipping at your nose for those that wore shorts and the dexterity of a mountain goat was required, and that was just getting from the carpark to the start. However, as you know the response of a Crowborough Runners to such conditions is "bring it on", which is why there was another huge turnout by the Crows (32 in total) and a sterling effort by all in terms of the run itself. Yes, that championship place is still in our sights.



In relation to the turnout, we were to a great extent a “ship without a rudder” with Bryan Tapsell unable to attend due to a fall in the days before the race. I understand that Bryan is recovering well. He may well not be competing again this season but you know Bryan. I say no more.

Before reporting the scores on the doors, I need to add that for the slightly slower runners, such as myself, who had time to enjoy the landscape, it was rather spectacular.

The results on the day were as follows:

### Ladies

| Finishing Position | Name             | Time    |
|--------------------|------------------|---------|
| 116th              | Daniella Garvin  | 0:38:49 |
| 175th              | Heather Stevens  | 0:41:51 |
| 201st              | Christy Styles   | 0:43:24 |
| 210th              | Janie Perry      | 0:43:50 |
| 218th              | Alice Richardson | 0:44:34 |
| 226th              | Lorna Buckwell   | 0:45:13 |
| 241st              | Louise Ellis     | 0:46:37 |
| 242nd              | Claire Styles    | 0:46:37 |
| 260th              | Kirsty Weeding   | 0:48:54 |
| 272nd              | Mary Down        | 0:49:53 |
| 297th              | Sally McCleverty | 0:52:13 |

## Men

| Finishing Position | Name              | Time    |
|--------------------|-------------------|---------|
| 5th                | Colin Tricker     | 0:30:23 |
| 8th                | James Bryant      | 0:30:34 |
| 26th               | Dean Taylor       | 0:32:55 |
| 36th               | Peter Noon        | 0:34:01 |
| 53rd               | Zach Drake        | 0:34:55 |
| 59th               | Gordon Berry      | 0:35:30 |
| 74th               | Adam Styles       | 0:36:17 |
| 105th              | Andrew Joad       | 0:38:20 |
| 108th              | Jonathan Rafferty | 0:38:30 |
| 110th              | Chris Russell     | 0:38:34 |
| 120th              | John Everest      | 0:39:01 |
| 188th              | Alistair Lee      | 0:42:37 |
| 205th              | Ashley Box        | 0:43:36 |
| 220th              | Lawry Freeman     | 0:44:39 |
| 238th              | Francis Leary     | 0:46:29 |
| 239th              | Jack Knapp        | 0:46:32 |
| 283rd              | Graham Stevens    | 0:51:06 |
| 309th              | Roger Stone       | 0:54:32 |
| 319th              | Ron Cutbill       | 0:56:05 |
| 337th              | Kevin Battell     | 0:57:07 |
| 362nd              | Bob Archer        | 1:03:55 |

Congratulations to Colin Tricker for being 1<sup>st</sup> in his age category and to everyone for a huge team effort.

As always, a great turnout also by our junior members, with the results being:

| Finishing Position | Name             | Time    |
|--------------------|------------------|---------|
| <b>U11B</b>        |                  |         |
| 4 <sup>th</sup>    | Zak Bryant       | 0:09:18 |
| 6th                | Max Noon         | 0:09:53 |
| <b>U11G</b>        |                  |         |
| 1st                | Nancy Cassidy    | 0:09:17 |
| <b>U13B</b>        |                  |         |
| 4th                | Jasper Cassidy   | 0:08:14 |
| 6th                | Sam Buckwell     | 0:09:21 |
| <b>U13G</b>        |                  |         |
| 2nd                | Charlotte Howard | 0:09:03 |
| 3rd                | Molly Abbott     | 0:09:13 |
| <b>U17B</b>        |                  |         |
| 1st                | Jacob Smith      | 0:12:46 |

|             |             |         |
|-------------|-------------|---------|
| <b>U17G</b> |             |         |
| 2nd         | Anna Ivaldi | 0:20:50 |

Our performance on the day kept us in 2<sup>nd</sup> place in the league with 6 points, behind Lewes with 5, and well ahead of Polegate with 10. So, with everything still to play for, here's hoping for another huge turnout by the Crows at Whitbread Hollow on the 16<sup>th</sup> February 2025.

### **18<sup>th</sup> January 2025 - Sussex Masters Cross Country Championship**



As we are affiliated to the Sussex Athletics, members are able to take part in fixtures arranged by Sussex Athletics, which includes the Sussex Masters Cross Country Championships.

These took place this January at Coombe Farm in Lancing and not being one's to miss out on a good cross-country and number of our members took up the opportunity to knock-off 5 miles around the Sussex countryside on a Saturday afternoon and did rather well for themselves.

The results were:

| <b>Finishing Position</b> | <b>Name</b>    | <b>Time</b> |
|---------------------------|----------------|-------------|
| Men 35-49                 |                |             |
| 25th                      | Pete Woodward  | 0:32:47     |
| 42nd                      | Alistair Lomax | 0:36:25     |
| Men M60                   |                |             |
| 10th                      | Andrew Joad    | 0:36:27     |
| 13th                      | Chris Russell  | 0:37:22     |
| 22nd                      | Mark Chapman   | 0:39:58     |

And congratulations go to Andrew, Chris and Mark for taking 4<sup>th</sup> place in the team awards.



## **20<sup>th</sup> January 2025 – Mara Yamauchi Track Session and Q&A Session**

You can inevitably learn a lot from someone who has been at the top of their game and maintained that position for many, many years, which was why we were delighted that Mara Yamauchi agreed to host a track session and attend a Q&A session on the 20<sup>th</sup> January.



Mara Yamauchi is a two-time Olympian, Commonwealth Games bronze medallist, and the UK's second fastest marathon runners from April 2006 until February 2022, with a time of 2:23:12! She retired from competitive athletics in January 2013, having been the British Marathon champion on four occasions, due to injury. Since that time she has been highly in demand as a coach and speaker. She has also recently published *Marathon Wisdom*, which I can say, having read the book, is an excellent read.

The evening began with a track session led by Mara. After some glute activation and dynamic stretches, runners tackled this interval workout:

- 1000m (2.5 laps)
  - 200m easy jog
  - 3 x 200m with 30 second rests
  - 200m easy jog
- Repeat 2–4 times.

Following the session, everyone moved indoors to hear Mara reflect on her career and share insights into her current running journey. She also answered plenty of questions!

### **Mara's Running Journey**

Mara's running career began with cross-country, a discipline she still loves for its variety and team spirit. Over time, she discovered her strength in long-distance running, which led to her extraordinary achievements.

Now 51, Mara has shifted her approach to running. Years of elite training and racing, combined with her natural competitive drive, mean she's more injury-prone. To adapt, she enjoys challenges like trail running, which offer a fresh perspective without comparisons to her past performances.

### **The key tips shared by Mara**

#### **1. Nutrition Matters:**

She prioritises variety in her meals, focusing on oily fish, nuts, seeds, and green leafy vegetables. Her top tip? Ensure you eat enough the day before a long run to fuel properly.

#### **2. Preparation & Recovery:**

- Use good-quality trainers.
- Never start a session under-fuelled—always carry snacks with you to stop this happening!
- After a run, have a recovery snack with protein and carbs straightaway.
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#### **3. Training Smart:**

This means including strength and conditioning in your schedule, avoiding overtraining and prioritising recovery, with sleep being vital.

#### **4. Carbon Plate Shoes:**

While these shoes can improve race times, Mara noted that they may increase the risk of lower-limb injuries. It's important to weigh the pros and cons based on individual needs.

#### **5. Tackling Long Runs and Races**

- Break the distance into manageable 5k chunks.
- Use distractions like hydration, gels, and monitoring your breathing work well.

## 6. Advice for First-Time Marathoners

Training distances vary depending on experience. Listen to your body and increase long runs gradually, avoiding injury risks.

## 7. Coping with Injuries

Don't try to "catch up" on missed training. Restart where you left off and build mileage and speed back up gradually.



## Members Corner

### New Members

Well we must be doing something right as the membership continued to grow during January, which means we are delighted to welcome the following new members to the fold

Will Isted  
Kevin Duffy  
Olatz Ruiz-Smith

Charlotte Mathers  
Alice Richardson  
Grant Jeffs

Emily Maxwell  
Ella Gavin  
Jack Knapp.

And if that is not enough, we very pleased to welcome back Mary Down.

### James' Parkrun A to Z Challenge

You will recall that I included in a previous Update that James Welbury was nearing the end of his Parkrun journey by running in a Parkrun starting with a different letter of the alphabet. Well he has made.

It was on the 14<sup>th</sup> December 2024 and it was in Jersey.

To do so he admits he had to travel quite some distances North, South, East and West. From Fontainebleau in France (South), to Bressay in Shetland and Kirkwall in the Orkneys (North). To Weymouth to the West and to Zuiderpark in the Hague to the East. It meant running some very varied courses but meeting some interesting folk along the way. Most importantly, meeting some lovely volunteers without whom it wouldn't be possible.

Well done James. I'm thinking you can have a lay-in on a Saturday morning now with a clear conscience but you probably won't.



And here are just a few places along the way.





And if that is not enough, James ran in the inaugural Brighton 10 miler on Sunday January 19<sup>th</sup>.



### Some Dates for you Diary

The dates and races for the 2025 Sussex Grand Prix have been agreed and are on the website ([Races - Sussex Grand Prix](#)). There is still some debate as to whether the Rye 10-miler should be replaced by the Seaford Half-marathon and I will let you know the outcome.

I suggest you get the dates in your diary and your entries in as on as possible as all the events will prove to be are extremely popular and remember, if you sign up for 6 races the Club will reimburse you for the cost of the lowest-priced race.

The number of Crowborough Runners competing was up on 2023 but well below that for the other Sussex clubs competing. Chris Russell will putting the races on SPOND and sending out reminder in the weeks before a race. So go on, wave the flag for Crowborough Runners and let's make it a bumper year for entry.

A date we would like you to definitely put in your diary is **Sunday 2<sup>nd</sup> November 2025**. This the date of this year's Crowborough Runners 5k/10k races.

I have to be honest and say that it was an absolute nightmare getting sufficient members to volunteer on the day for the race in 2024, which meant we were only able to deploy the bare minimum of marshals around the course to guarantee the safety of the participants. It is fully appreciated that members have other commitments and, if yours is anything like mine, dates get booked up quickly and well in advance. This is why the 10k Committee thought they would get in early this year. So don't delay, sign up on SPOND today.

Well that's it for another month and I hope you enjoy reading what has been going on. Remember, I am eager to receive anything you would like to share with your fellow members at the usual address.

Bob