



Crowborough Runners

Club Update January 2026 – The New Year Edition

Well it's another year and another new dawn and what a soggy start to the year it has been. However, if you have been brave enough to open the front door and whilst making your way through the rain you may have asked yourself "is this really doing me any good?" Well, the good news is the answer is big fat yes.

Amongst other things, leading sports psychologists say it strengthens mental toughness, a key trait for endurance runners, as well as physiologically encouraging improved oxygen uptake and better cardiovascular efficiency. Add to this the cooling effect of raindrops reducing sweat loss, which means your body stays hydrated longer during a run, and running in the rain challenges your body to adjust, which can build a stronger defence over time, thus strengthening the immune system, why would you want to spend time on the "dreadmill" anyway.

Oh, I nearly forgot to mention there is also the sheer ecstasy of a hot water on cold skin afterwards. Well, it works for me!

As for what you have all been up to, it's not been the busiest of months admittedly but that is not to say members have not been out braving the elements

11th January 2026 - ESSCCL Seaford Head



It was race 4 in the 2025/26 ESSCCL Cross Country season already.

The race at Seaford Head, hosted by Seaford Striders, was a new one on the calendar, so I, for one, didn't quite know what to expect.

Hills? Yes.

Mud? It comes with the territory.

Wind? Well it was on the coast after all.

Cold? Now come on, it was January.

My only previous excursion to Seaford had been for Parkrun and then the course was as “flat as your hat” However, this is far from what I saw as we approached what would be the start of the race.

It became immediately obvious that Seaford Head itself was a close relative of the Seven Sisters and speculation soon became rife as to how far up this lump we would have to ascend, which helped somewhat to detract from the cold and the wind. Oh yes, I shall remember the wind alright.

If I say the view of the Belle Tout lighthouse was spectacular, you will guess how far that turned out to be.

I am afraid to say that I no longer possess the qualities of a mountain goat, so from my point of view the ascent and the descent were quite a challenge, or as Bryan Tapsell, our Team Captain, so eloquently puts it “My word, that was extreme wasn’t it. The wind was ridiculous and some of the downhills were a tad tricky”. However, I have to say experience dancing round the potholes when currently negotiating the streets and pavements back home came in handy.

I think that due to the conditions, a few of us were glad it was over, but I, for one, is very much hoping it is in the calendar for next year.

Nevertheless, 43 plucky souls from Crowborough were on the start line that day eager to face the challenge ahead. They survived and thrived and put in another great performance.



It was 4th place this time out, which is nothing to be sniffed at, putting us in 3rd place overall with everything still to play for.

Finishing Position	Name	Time
Men		
4	Matt McCarthy	0:31.46
14	Colin Tricker	0:33:01
25	Jonathan Rafferty	0:34:06
30	Neil Couchman	0:34:20
35	Pete Woodward	0:35:10

Finishing Position	Name	Time
Men		
38	Ollie Welch	0:35:31
39	Peter Noon	0:35:32
49	Maurizio Di Santo	0:36:12
51	Zach Drake	0:36:21
61	Alexander Lomax	0:37:22
62	Adam Styles	0:37:33
71	Peter Turner	0:38:10
86	Alan Dean	0:39:12
94	Chris Russell	0:39:53
145	Niall Smith	0:42:53
148	Byron Thomas	0:43:03
172	Stephen Sedgewick	0:44:28
196	Bryan Tapsell	0:46:37
210	John Crockford	0:47:31
182	Jack Knapp	0:37:03
183	John Everest	0:37:04
204	Stephen Sedgewick	0:38:29
278	Ashley Box	0:53:41
284	Marco Brivio	0:54:26
298	Ron Cutbill	0:56:09
332	Bob Archer	01:04:59
Ladies		
56	Hannah Jackson	0:36:42
130	Christy Styles	0:42:04
151	Olatz Ruiz-Smith	0:43:12
195	Claire Styles	0:46:30
221	Lorna Buckwell	0:47:55
222	Eileen Welch	0:48:27
223	Heather Stevens	0:48:39
224	Bex Stevens	0:48:41
237	Alice Richardson	0:49:21
238	Ella Gavin	0:49:22
245	Sarah Cooper	0:49:49
285	Pearl Manser	0:54:30
311	Sally McCleverty	0:58:26
317	Jayne Meyers	1:00:37
331	Shirley Matthews	1:04:41
336	Julie Erxleben	1:07:55





Once again our juniors also did us proud

Finishing Position	Name	Time
Under 11 Boys		
2	Max Noon	0:08:04
5	Finlay Perry	0:08:22
Under 11 Girls		
7	Iona Lomax	0:09:32
Under 13 Girls		
1	Amelie Hutton	0:07:50
2	Charlotte Howard	0:07:58
Under 15 Boys		
3	William Dean	0:19:01
Under 15 Girls		
3	Amelia Brown	0:23:33
Under 17 Boys		
1	Jacob Smith	0:17:39
Under 17 Girls		
2	Anna Ivaldi	0:26:38

27th January 2026 - Marathon Workshop



It was a small group, which worked brilliantly as Janie was able to focus on each runner's individual needs on the basis of training load and race goals.

For those that couldn't make it, the key take home points were:

Fuelling for training

- For easy runs of 45 minutes or less, you probably don't need to fuel beforehand.
- For runs one hour-90 minutes, eat before and/or take on fuel (one to two gels depending on effort)
- Once you're running 90 minutes or more, eat before and aim for a gel every 30 minutes from the start. If racing, you may need more depending on pace and intensity.

Race week build up

- In the three days before a marathon or ultra, gradually shift towards a mainly carbohydrate-based diet to optimise glycogen stores. Just swap out the fibre, protein and fats for carbs.

During the race

- Aim for 60 to 90g of carbohydrate per hour from the start.
- If taking more than 60g per hour, use products containing glucose or maltodextrin plus fructose to increase absorption.
- If staying around 60g per hour, glucose or maltodextrin alone is sufficient.

Electrolytes matter

- Aim for at least 200mg sodium per hour in a marathon or ultra.
- Requirements may increase if you are a salty sweater or racing in warm conditions.

Recovery

- Replenish glycogen and support muscle repair with a carbohydrate and protein snack soon after finishing. Examples include a cereal bar with a protein shake, a bagel with peanut butter, or chocolate milk.

Fuelling well is trainable, individual and one of the biggest performance gains available to endurance runners.

All huge thank you to Janie for sharing her knowledge and experience with us.

Members Corner

New and Returning Members

A very warm welcome to:

Tim Dowling
Harvey Dyson
Olga Geitona
Mark Redfern
Mike Woodrow

780 miles later



I know I have gone on about the virtues of Parkrun on many occasions in the past and you already know that many of the Club's members are regulars at these events and you won't find a more enthusiastic Parkrunner than Julie Erleben.

It all started for Julie in October 2018 when she, with her friend Jayne Meyers, partook of Parkrun for the first time. Since then Julie has been regular at her home turf of Dunorlan Park not only as a runner but as a volunteer. Come rain or shine, you will find Julie on the start

line. No matter what the conditions. She is an aficionado and past master of the “sheep dip”, the “mudslide” and all the other obstacles the course is known for and there is always a sprint finish. This dedication meant that Julie celebrated her 250th Parkrun on 31st January 2026, which in old money is after completing 780 miles. There to celebrate was, as always, s her mate Jayne, together with Steve and Marie Bolton.

As you can see, her celebration run didn't go quite to plan.



However, the morning didn't, and never does, end there.

After we have casually tossed our finishing token in the receptacle and pootle off home, Julie, Jayne and the team from Bolton runners are there putting the tokens in tickety-boo order ready for the following week.



Huge congratulations to Julie and long may it continue.

Club Matters

We have a committee meeting coming up with much to discuss, the highlights of which will be in the February Update.

As always, I sincerely hope you enjoyed reading this edition of Update and I look forward to hearing what you have been up to during February 2026.

Bob