Crowborough Runners

Club Update July 2025

I must apologise but this one is a little shorter than normal, which has been the story of my life really.

That's not to say there has not been a lot happening as per usual, as you will see.

Whilst the weather doesn't seem to be able to make up its mind what to do, this has not dissuaded members getting out and enjoying what they like doing best and representing the Club at events near and far. Attendance at track sessions has continued to grow, as has it has for the Wednesday Club runs, with there still being plenty of time for off-roading before its back to pounding the pavements.

So, as I said, lots to tell you.

Events

2nd July 2025 – Annual General Meeting and BQB

It was thought when arranging this year's AGM that a change to the usual venue was required and what could be better than combining it will a social get-together. All that was needed was for the weather to play ball. You wouldn't normally class an AGM as "hot ticket event" but the Committee were pleased to see it attracted over 40 members. With no run beforehand, members were kitted out for a lovely summer evening, which it was, and it was surprising how many members I didn't recognised fully clothed.

It was down to business at 7:00 pm with the BQB scheduled for 8 o'clock (no pressure then!)

With reports from members having been distributed beforehand, the Committee were pleased to report that the Club was in a good place and continuing to thrive. What the

Committee were delighted to welcome on the night were two new Committee members. As you probably already know, Sharon Wheeler had decided to step down during the course of the year as Club Captain after many years of loyal service to the Club and the Committee. I am delighted to report that it was unanimously agreed that Eileen Welch take her place. Someone else who had served as a Committee member for many years, 12 in fact, and who had stood down was Bryan Tapsell, in the capacity of Cross Country Manager. Again the Committee were delighted to welcome Niall Smith to the Committee to take his place. Nevertheless, it is worth noting that Bryan will be acting as Cross Country Team Captain going forwar, so you can expect to receive the emails of encouragement that only he can write as the cross-country season starts to approach.

Reports and any resulting questions successfully answered and out of the way, it was time to celebrate the achievements of members.

For those that are unaware, awards on the night were made to:

Mel Gough - Most Improved Newcomer. Completely new to running, Mel joined the Club in July 2024 and went on to complete the London marathon earlier this year.

Sam Attwood - Most Improved Runner. Having completed the Boston and London marathons in the same week, both in times of under three hours, it was hard to think of an excuse as why he shouldn't get this award.

It was then time to award trophies for Club Championship. The winners were:

Awards by Age Category

Men

Vet 3 (60-69)	Chris Russell
Vet 4 (70-79)	Graham Stevens

Ladies

Senior Lady	Louise Knapp
Vet 1 (40-49)	Heather Stevens
Vet 3 (60-69)	Mary Nightingale

Club Championship (based on age-related times)

Men

1st - Chris Russell (1:18:27)
2nd Graham Stevens (1:33:23)
3rd Bob Archer (1:41:07)

Ladies

1st - Mary Nightingale (1:34:14)
2nd – Heather Stevens (1:45:16)
3rd – Sarah Hilliard (1:49:20)

You probably know that the Club also awards two other awards each year. Namely, the Captain's Cup and Service to the Club. Well on this occasion it was a double-whammy for Sharon Wheeler for all she has done and continues to do for the Club.

Believe it or not the last award was presented on the stroke of 8 o'clock. Job done and it was time to mix and mingle and catch-up.

A huge thank you on your behalf to Sarah Hilliard and Meg Attwood for making the AGM such a total success, as was agreed by all present.

Could the same time, same place next year then.

6th July 2025 – Bewl 15 (SGP Race 6)

The Bewl 15-mile is a stunning lakeside race route said by many, especially Wadhurst Runners, as one of the most beautiful races in the UK. Nevertheless, comprising one-quarter tarmac, three-quarters trail, which, by the race organisers own admission, is challenging it is not for the faint hearted. Never mind that though, the views are magnificent, as you pause to catch your breath, and the quiet country lanes are a joy, although perhaps not so much the undulating lanes that you ascend back to the finish after running around the Bewl Water reservoir.

Where any the Crows there to celebrate the silver anniversary of the running of the event.

Oh yes there were! And some mighty creditable performances as always.

Finishing Position	Name	Time
Ladies		
212	Sarah Cooper	2:33:06
156	Chris Russell	2:23:14
285	Scott Werner	2:47:48

16th July 2025 – Phoenix 10k (SGP Race 7)

Comparing the Phoenix 10k with the previous race in the SGP series is like comparing chalk with cheese. It's as flat as you hat, as my old mother used to say, and so ideal territory for a PB, as one runner on the day was to find out.

It's an out-and-back, fast course starting from Hove Lawns. Heading west along the promenade you head straight, being the operative word, for Shoreham docks. At the 5k park you chuck a "uey" and return back the way you came, ending up where you started. Not a lot else to say really.

Always a very popular race and what a turn out by the Crows. Chris Russell couldn't believe his eyes.

And didn't we do well.

Name	Time
Sioni Williams	0:47:04
Sarah Cooper	0:52:04
Louise Knapp	0:54:25
Mary Nightingale	0:56:00
Shirley Matthews	1:09:41
Will Isted	0:36:47 (PB)
Neil Couchman	0:38:51
Ian Balmer	0:39:29

Zach Drake	0:40:38
Gordon Berry	0:42:15
Chris Russell	0:45:03
John Everest	0:47:35
Byron Thomas	0:48:03
Ron Cutbill	1:03:30

It’s huge well done to Will Isted who set a new personal best on the night.

20th July 2025 – Ashdown Forest 10 and 5 mile series

Previously known as The Greener Earth Trail Race, 2024 saw the inaugural event on the estate. The estate is run is with nature conservation as its foremost objective with income being derived from a variety of events of which the 10-mile (and 5-mile race) is only one. The eco-friendly trail race seeks to deliver an exhilarating running experience in a sustainable environment and from what I have heard it certainly does that. Used for survival training, the one Crow that entered must have thought that she had signed up for the wrong event.

Yes, there was only one member of the Club entered. So what did she know that the other didn't? Or rather, what did the others know that she didn't? She soon found out.

Sarah Cooper writes

“Just 3 days on from the Phoenix 10k was the Ashdown Forest 10 Miler at Pippingford Park. This was a really challenging route - 4 very long hill times two 2 (you go round twice) and uneven downhill sections made for an interesting course, but not for the faint hearted. When the 5 milers peeled off I so wanted to join them but I turned left instead and repeated the course for a 2nd time. Elevation gain 1531 feet but home in around 1 hr 43 & first female vet in my age group. Happy with that ☺

27th July 2025 – East Peckham 10k

It’s hard to believe that East Peckham and the surrounding villages were once a holiday destination. Hundreds of families came for the summer “en masse”. So many there was dedicated hospital, evidence of which can still be seen in Five Oak Green, a short distance away. Why? To harvest the hops that grew as far as the eye could see. The only evidence now is the numerous oast houses where the hops used to be dried, which are now very desirable residences. Still the course still takes you around some charming quiet country lanes surrounding East Peckham Village. A mostly flat course, the route is all open-road and runners can whiz around and is perfect for anyone looking to set a new personal best. Representing the Club on the day was James Welbury who completed the course in 1:03:43.

Members Corner

<u>New and Returning Members</u>

Can I extend a very warm welcome on your behalf the following new members:

Poppy Pittock and
Martina Bauerova

<u>12th July 2025 –A Daddy and Daughter Day</u>

Time: 9:30 am

Location: Queen Elizabeth Olympic Park

Temperature: 23 degrees

With this in mind you can see why my daughter Roisin and I had wondered on the way there why we had entered the event in the first place. We could have opted for a Parkrun just up the way, but we didn't. However, it was good that we were running and spending some "me" time together, although together couldn't have been further from the truth after the race had started with Roisin coming 1st in her age category.

I couldn't believe how many people were running.

Run in combination with a 5k race, it was 4 times round a loop with a couple of cheeky hilly bits thrown in. And thank god there was water station. The sheer bliss experienced from grabbing a bottle of a throwing over you was amazing.

And what's wrong with combining a 10k race with a little retail therapy afterwards. Rude not to.

Anyway the scores on the doors were:

Finishing Position	Name	Time
64	Roisin Archer	0:46:42
343	Bob Archer	1:08:43

Club Matters

I am delighted to say that we have recent increased the size of the Club's coaching team, which means we greater resources for Monday track nights and can now have Wednesday nights run at three different paces.

Huge congratulations to Eileen Welch and Sam Attwood for gaining their Assistant Coach licence and to Time Probert for gaining his Leadership in Running Fitness accreditation.

Dates for your Diary

- 10th August 2025 - Henfield Half Marathon
- 24th August 2025 – Run, Brunch and Pool Party
- 25th August 2025 – Kings Head Canter (5k)
- 28th September - Hellingly 10k

Well that wraps it up for another month.

Let me know what you have been doing.

All contributions gratefully received.

Looking forward to running with you some time soon.

Bob