

Crowborough Runners

Club Update

Who was it said:

“Never on a Sunday, cos that’s my day of rest”

Well, all I can say is for the Crowborough Runners it’s not the case, especially in the last few weeks.

First there was the first in the series of the Club’s Sunday Runs organised by Lisa Herbert (assisted by her sister) to whom we are all most grateful for the time and effort that was put into the planning, marking out the course and buying for and manning the refreshment table. The event obviously touched the right buttons for many of the members for, as you can see, what a good turn. This, despite the fact that I received a number of apologies for non-attendance but all with promises to attend the next event.



I have to say, not an easy course and muddy in places (where isn't at the moment) but it was so good to be running on such a beautiful morning. How refreshing to have a light shower towards the end of the first leg. Lots of happy smiley faces on the way round and at the end.

If you weren't able to make it to the last event, or you did and would like to attend another one, Lisa is planning to do it all again. This is on 28th July starting at 8:30. It will be at a different location, most likely on the Ashdown Forest. Plans have yet to be finalised but we will let you have the details as soon as they have been finalised.

It was Nana Mouskouri by the way.

Never heard of Nana Mouskouri? Check it out, although it's all Greek to me.

This brings me to 23rd June 2024, and what a lot of lively bunnies we all were.

Let's talk first of all about the Heathfield Midsummer 10k.

What another amazing turnout by the Crows.



Some might say that if you have never run the Heathfield 10k before, don't. Although it's not that bad if you add in a bit grit and determination. Hilly, especially on the way back. Enough kilometres to make you almost lose the will to live. Nevertheless, we all made it back safely and demonstrated some great running in the process. The "gritters" and "determinators", and the scores on the doors, were as follows:

Men

Gender Position		Time
6	Ollie Welch	00:37:54
15	Samuel Attwood	00:39:28
51	Andrew Joad	00:46:55
68	John Everest	00:50:25
77	Alexander Gusak	00:52:08
88	Ed Noel	00:53:26
123	Scott Werner	00:59:44
137	Bob Archer	01:08:10
138	Ron Cutbill	01:08:13

Ladies

Gender Position		Time
37	Megan Calcutt	00:56.38
46	Eileen Welch	00:58:52
86	Kirsty Weeding	01:07:14
87	Sarah Hilliard	01:07:24

A special mention has to go to Ollie Welch and Kirsty Weeding who were first in their Gender Category, to Samuel Attwood on a very credible performance on his first appearance with the Crows and to Chris Russell for his support and the photos.





Then there was the Eastbourne 10k on the same day. Strutting their stuff for the Crows were Sue Newman, Ceri Cook and James Welbury, with the scores on the doors being

Men

Placing Overall		
275	James Welbury	01.02.05

Ladies

Placing Overall		
163	Sue Newman	00:52:50
212	Ceri Cook	00.56.22

And last but no means least, or quite the opposite, first in his gender category was Neil Couchman who ran the Hawkhurst 10k.



Well done to everyone. Very creditable running by all on what has to have been the hottest day for running so far this year.

Lots more running left in the season, which I am sure Chris will let you know all about. As for me, I am hoping to see many of my fellow members at future events. Let's not make the Heathfield 10k a one-off.

Kind Regards

Bob Archer

Club Secretary – Crowborough Runners