



Crowborough Runners

Club Update March 2025

Events

9th March 2025 - Paddock Wood Half-Marathon



In the February Update I included a half marathon virtually on our doorstep. Well in March we had another one.

I have many fond memories of running around Paddock Wood and that is before the half marathon was even thought of. It's where my running journey began, which was long before the half-marathon was even thought of. Not necessarily to get fitter may I add, but to try and burn off some of the energy that Mildred, our Dalmatian, had. This was around the acres of hop fields that surrounded the village at that time, often with the aroma of the hops being dried hanging in the air. The hop fields are now noticeable by their absence. However, I digress.

The half-marathon has gained quite a reputation for itself, having started in 1989 to help raise funds for a running track in the village, and has even been the subject of an article in Runners World. With the exception of 2001, when it was cancelled due to an outbreak of foot-and-mouth disease, it has been run every year since.

As in previous years' races, Crowborough Runners were very much in evidence, with 9 plucky Crows taking a trip around the town and some of the surrounding villages before crossing the finish line. Some great results as always.

Finishing Position	Name	Time
Men		
116	Luke Forbes	1:17:45
143	James Bryant	1:18:26
156	Luke Harvey	1:19:16
470	Ian Balmer	1:30:19
760	Steve Bolton	1:39:02
1116	Alexander Gusak	1:50:25
1964	Scott Werner	2:18:38
Ladies		
1352	Louise Knapp	1:57:38
1854	Marie Bolton	2:14:03

16th March 2025 - ESSCCL – Pett

Adults



As always, the last race of the season took place around the fields and woodlands surrounding the village of Pett, which is just north-east of Hastings.

The race started with the Club very much in contention for 1st place in this year's league. As it turned out, this was not to be. Crowborough Runners finished as runners-up, which in itself is a tremendous achievement to be 2nd out of 17 teams.

Whereas for some of the previous races in the season the weather had been pretty dreadful, with the race in November in Snape Wood having to be cancelled, to my mind the conditions at Pett were just right. This led to some sterling performances by the 20 Crows who turned out on the day, which can be evidenced as follows:

Finishing Position	Name	Time
Men		
1	James Bryant	0:31:27
3	Sam Attwood	0:32:05
12	Peter Noon	0:33:48
18	Gordon Berry	0:35:06
27	Adam Styles	0:36:09
45	John Everest	0:38:57
48	Andrew Joad	0:39:07
96	Lawry Freeman	0:44:25
118	Kevin Duffy	0:47:18
131	Graham Stevens	0:49:02
160	Roger Stone	0:54:59
172	Ron Cutbill	0:56:14
189	Bob Archer	1:03:27
Ladies		
79	Christy Styles	0:42:30
116	Meg Calcutt	0:47:03
134	Louise Knapp	0:49:54
136	Mary Down	0:50:08
141	Sally McCleverty	0:50:58
176	Jayne Meyers	0:57:38
192	Shirley Matthews	1:03:55

The team results on the day were as follows:

1st Hastings
 2nd Polegate Plodders
 3rd Crowborough Runners
 4th Lewes AC

It is probably best not to dwell on the fact that with Lewes AC coming 4th, if Crowborough Runners had won, we would have won the league. Well, there is always next year.

This meant the results for the 2024/55 league were:

1st	Lewes AC	10 points
2nd	Crowborough Runners	12 points
3 rd	Polegate Plodders	14 points

ESSCCL positions for Crowborough Runners who finished in top six were as follows:

Category	Name	Position
Ladies		
Senior Female	Christy Styles	6th
F40	Heather Stevens	6th
F50	Janie Perry	5th
F55	Claire Styles	5th
F65	Sally McCleverty	4th
Men		
Senior Male		
	James Bryant	2nd
	Sam Attwood	3rd
M40	Colin Tricker	1st
	Peter Noon	5th
M45	Gordon Berry	5th
	Zach Drake	6th
M50	Dean Taylor	3rd
	Adam Styles	6th
M60	Andrew Joad	5th
M70	Graham Stevens	4th

Our own 2024/25 cross-country season Champions, based on who scored the most points in the league, were:

Men - Colin Tricker

Women - Christy Styles

Very many congratulations to them both and the championship shields will be engraved and presented to them at a later date.

Crowborough Runners end of season cross-country awards and individuals' choice of a prize are as follows:

Ladies

SW	Christy Styles	Chocolates
F40	Heather Stevens	Chocolates
F50	Claire Styles	Chocolates
F60	Sally McCleverty	Chocolates

Men

SM	James Bryant	Chocolates
M40	Colin Tricker	Chocolates
M50	Dean Taylor	Chocolates
M60	Andrew Joad	Chocolates
M70	Graham Stevens	Sauvignon Blanc or Pinot Grigio

So, chocolates were far and away the most popular choice, but you have to admire Graham for bucking the trend.





Juniors

Performances on the day were:

Finishing Position	Name	Time
U11B		
3rd	Max Noon	0:10:18
4th	Zak Bryant	0:10:22
U11G		
1st	Nancy Cassidy	0:10:23
U13B		
2nd	Jasper Cassidy	0:09:02
5th	Sam Buckwell	0:10:14
U13G		
2nd	Amelie Hutton	0:09:45
3rd	Charlotte Howard	0:09:54
U17B		
2nd	Jacob Smith	0:12:42

And in terms of honours for the season, by being in the top three in their age category, these were many and various. Namely:

U11b	Max Noon	3 rd
U11G	Nancy Cassidy	1 st
U13B	Jasper Cassidy	2nd
	Charlie Workman	4th
U13G	Amelie Hutton	2nd
	Charlotte Howard	3rd
	Sam Attwood	3rd
U17B	Jacob Smith	2nd

23rd March 2025 - Hastings Half Marathon



Sadly, this year's Hastings half-marathon turned out to be a case of all dressed up and no place to go. A great disappointment to the hundreds of runners who had geared themselves up for the event, with the race not taking place due to the police finding explosive chemicals, described as "a threat to life", in a property in St Leonards-on-Sea. The decision was taken reluctantly on the evening before the race to cancel the event. This was as the organisers were still not able to get to a key part of the course and there was no guarantee of when they would be able to do so, with a police cordon remaining in place near the seafront.

The good news is the event has been re-scheduled for the Sunday 5th October 2025, with a free deferral for entrants unable to make the new date.

24th March 2025 - Timed Mile



During the previous weeks, regular Monday night runners had been invited to follow an 8-week schedule. This they could participate in on the night, or go it alone, as could other members, with it being published for all on SPOND. The night of the 24th March therefore seemed a perfect opportunity for them, and all who wanted to, to set a baseline before commencing the schedule for the next 8 weeks. The mile was at a pace of an athletes choosing and the results were to be kept under “lock and key” until the next timed mile takes place.

I am delighted to say a number of other members joined the usual crew, including a goodly number of juniors, who I have to say showed many of us how it should be done. However, good running by everybody who came.

For your diary, the next timed mile will be part of the track session on 27th May 2025. You can come for the whole session, or join us at 7:00 pm, for the timed mile.

26th March 2025 – Batter and Chatter Night



This popular event was well attended as always. And a big thank you to Meg for organising. However, you may have noticed that the lighter evenings are now upon us, which means off-road running is back, and also means Pub Runs may soon be on the agenda. Look out for these and any further Batter and Chatter nights on SPOND.

Members Corner

New Members

A warm welcome to:

Thomas Byron
Ian Watt

Court in the Act



It's hard to think of a more prestigious venue than Hampton court that in the past has been the playground of kings and princes. In the 1550's it was one of Henry VIII's most favoured residences.

It now hosts a number of major occasions among which is the 10k and half-marathon races that take place there annually in March. This was why on the weekend of the 22nd-23rd March 2025 it became the playground of fellow member Will Isted.

Will completed the 10k on Saturday 22nd March gaining for himself a new PB of 0:37:35, coming 8th out of a field of 1,195 runners. However, having run on the Saturday, he was presented with the problem of what to do on the Sunday.

Well, no worries, he ran the half-marathon and gained for himself another new PB of 1:24:35, this time coming 69th out of field of 4,600 runners.

Now that is good going and looked who popped in for the celebrations.



Chichester Harbour Trail Run



The 22nd March 2025 also saw James Welbury and Peter Maddison off to Chichester for the annual Chichester Harbour trail half-marathon as a training run in preparation for the London Marathon. It is billed as a trail course around Chidham Peninsula and surrounding harbour-side paths, taking in spectacular views of Chichester Harbour, Bosham, Hoe, Itchenor, East Head and the surrounding South Downs. This may be the case, but as James confirmed, what you are more likely to be watching is your step with the course following very rocky, stony and narrow paths, and with bridges and steps to negotiate, so not one for a time setting a

time. However, he also confirmed that the views along the way were super. What makes you get a lick on is the route is run at low tide as it includes a small section of the foreshore.



Someone Flipped Her Lydd Then

The Lydd 20 mile race that this year took place on 9th March on a pancake flat course, using the wide, quiet country lanes surrounding the marsh town of Lydd in Kent. It is seen as the perfect opportunity to test your pace, hydration, and nutrition for future marathons.

Well, fellow member Sarah Cooper certainly took them at their word and lo and behold she ran the race in 3:09:42, knocking 30 minutes off of her last years' time. Great running.



London Marathon Update

I am delighted to say that there will quite a few members getting up at early doors on 27th April 2025 to board a minibus to take them to run the TCS London Marathon, or as I call, partake in the greatest show on earth.

As you can see from above, James and Peter will be there.

I have also heard from Janie Perry, who will be running her 10th London Marathon and Jonathan Rafferty, who won a place by running a qualifying time in his first marathon last September.

Running a marathon is not for the faint hearted. What is also extremely brave is to take on raising sponsorship for a cause of your choice at the same time. However, the following members will be doing just that.

Louise Ellis

Lou was the lucky winner of the Club ballot. However, she also saw this as an opportunity to raise funds for Pilgrims Hospices.

She writes:

"I've been fortunate enough to get the running club's place for this year's London Marathon, so I've decided to take the opportunity to raise money for a charity very close to my heart, Pilgrims Hospices. Both my parents received wonderful care there, and we as a family were supported very well after their passing. I would be so very grateful for any donations to my JustGiving page, as I know the money raised will make a true difference to other families who need the care and support of these wonderful hospices. Many thanks in advance, Lou.

😊 <https://www.justgiving.com/page/louise-ellis-5>"



Melanie Gough

Melanie entered the ballot and was one of the lucky ones to secure a place.

Melanie writes:

"After watching so many inspiring people run in the London marathon, I decided to enter the ballot to run for 2025.

I never imagined I would get chosen, with so many people entering this year and very little chance of getting picked. So when I received an email, I first thought it was a scam. I checked the email where it was sent from and then realised it was REAL, I was a little shocked to say the least.

There was no doubt in mind who I would be running for, my son Jude.

What I have found from having an autistic child, is how it affects not just the child but the whole family. You're constantly grieving for the life you thought you would have, the little conversations and being able to do the simple things as a family. Planning everything in advance, making sure Jude is safe at all times. It can be so isolating for families, as people don't really understand it, unless going through the same journey. We are so thankful for the ones that do.

I would like other parents to receive better support and try and raise more awareness for autism by fundraising £2,000 for the national autistic society".

You can find Mel's fun raising page at [Mel's Fundraising Page](#)

Louise Knapp

Louise writes

"Throughout my life, my Grandad Alan campaigned and raised money for the Royal British Legion - a cause he felt strongly about having lived through a world war, completed national service and having a strong sense of pride for those committed to duty.

I want to continue his legacy- for all those hours spent outside of Swanley Asda for the Poppy Appeal, for the countless poppy branded items I own in his memory, and to make him proud by doing something good for others in need.

I'm turning 30 in 2025. It seems like no better year to raise a lot of money for a great charity and to run one of the world's best marathon routes.

I have signed up to take on the 2025 TCS London Marathon and I will be raising funds to support the Royal British Legion. Their Poppy Appeal was founded to help those in need following a national crisis. Right now they are helping those who are isolated from family, facing homelessness, struggling to feed their children and are in financial crisis. They are working tirelessly to ensure that those who have served are being looked after no matter what challenges they, and the country faces. Your donation will mean they can continue to provide the life-changing support that our Armed Forces community needs and deserves."

You can find Louise's fundraising page at [Louise's Fundraising Page](#)

I know there others I have not mentioned, so I would like on your behalf to wish them and everyone running in this year's London Marathon the very best of luck and I hope you enjoy the ride.

I will be there at Mile 12. Look out for me, I shall be wearing my Donald Duck hat.

Club Matters

Club membership Fees 2025/26

You should by now have received notice to renew you Club membership for 2025/26. In line with the increase in the affiliation fee payable to England Athletics, it was decided to increase the amount the Club receives, making the total fee for the year £40.

The Club has been delighted to welcome many new members this year and the Committee very much hopes that all current members will choose to renew their membership.

The past year has seen the introduction of a number of new initiatives, which have proved highly successful, an increase in the Club's coaching ability and an increase in the number of social events, more of which are in the process of be planned, all of which we have been allowed to do due to sufficient finance being available.

You have until the 30th June 2025 to make payment in the normal way.

Before signing off as normal, I would like to wish all running in the Brighton 10k (which includes a bloke about my size) and in the marathon (which includes Sarah Cooper, who is running for Team John & the Brain Tumour Charity, in memory of John Martin, a local friend who died recently from an incurable brain tumour. <https://www.justgiving.com/page/sarah-cooper-38>), the very best of luck and god speed.

As always, I hope you enjoy reading what has been going on and remember, I am always eager to receive anything you would like to share with your fellow members at the usual address.

Bob.