



Crowborough Runners – May 2026 Update

The Force Be With Edition

As always, thank you, to all that sent them to me, for your contributions to this newsletter.

Once again I am delighted to bring to you attention some amazing results by our members with yet more PBs being set in races near and far.

You know, it was once said” Try? No. Do. Or Do Not. There is no try”.

I am sure all you Star Wars fans will recognise this quote by Yoda in The Empire Strikes Back.

This quote serves as a powerful reminder that success requires more than just good intentions in order to achieve your goals. You must be committed, dedicated, and willing to do whatever it takes and there is plenty of evidence in this newsletter of the results of such qualities being exhibited by our Club runners, as you will see.

6th May 2026 –Mid-Sussex Marathon Weekend

The Mid-Sussex Marathon Weekend is the ideal opportunity to complete a marathon in “bit-sized” chunks.

A regular fixture over the early-May bank holiday weekend since 2012, it is yet another example of the 2012 Olympics legacy and, as always, all three events were well marshalled and the event was well organised overall, which I can vouch for, having run the Haywards Heath 10-mile this year for my third time.

The events are multi-terrain so are quite challenging, especially, as I understand the Burgess Hill 10k that brings the event to a close. However, as always, the Club was represented at all three events.

4th May 2026 – East Grinstead 10-mile



The East Grinstead 10 mile is the opening race of the weekend of running and is based at East Grinstead Rugby Club. It follows a multi-terrain course around East Grinstead and the surrounding countryside, providing a scenic countryside experience with a mixture of surfaces and changing terrain, which means you are not always chasing pavements, as former East Grinstead resident Adele so eloquently put it. This description obviously attracted three of the Club's runners who put in some sterling performances on the day, as you can see from below.

Finishing Position	Name	Time
11	Mike Woodrow	1:17:15
179	Oriol Margo	1:54:55
178	Fay Margo	1:54:56



5th May 2026 - Haywards Heath 10-mile



As I said previously, this was my third time of running the Haywards Heath 10 mile and with previous knowledge of the off-road sections of the course, which can be a little irregular shall we say, this year I was determined not to fall over and thankfully succeeded. I was also delighted to be joined in my exploit by 5 of my fellow Club members, which included Mike Woodrow, “fresh” from running the East Grinstead 10 mile the day before.

For those that don’t know, the race starts in Victoria Park in the centre of the town and you can feel a buzz as you approach the army of runners completing their pre-race preparations, From the start, it’s an “up and back” along South Road before re-entering the park and off to explore the hinterland of Haywards Heath. For these that have not run it before, it is a 2 lap course and in my estimation is, in terms of road and trail, about 50/50, with some punishing hill sections through some of the residential areas. I have to say I wouldn’t want to be crawling up those after a hard day at the office. Nevertheless, a very enjoyable event as Peter Noon writes:

“The race was very well organised but with an unexpectedly challenging course which twists its way through parks, along footpaths, streets and housing estates with punchy undulations. With all the twists, turns, ups and downs I found it to be tough going to maintain a consistent pace. The start on the high street was all too enticing to go off too fast (guilty) and pay for that mistake later on! The variety however made the 2 lap course feel shorter, as long as you weren't 'blowing your doors off' “so to speak.

Those that had a good day at the office were:

Finishing Position	Name	Time
29	Mark Redfern	1:06:22
44	Peter Noon	1:10:23
52	Mike Woodrow	1:12:01
84	Byron Thomas	1:16:29
82	Alan Dean	1:16:14
130	John Everest	1:21:28
388	Bob Archer	2:00:08



7th May 2026 – Burgess Hill 10k



Which brings me to the final race in the series, the Burgess Hill 10k.

The race starts at Burgess Hill Academy playing fields and exits via Woodland Mead School and on to Chanctonbury Road. It is then up to Nightingale Meadows to complete two laps of the field before returning whence you came.

If you were looking for Crows that day, they were thin on the ground, but gamely representing the Club, and completing his third run for the weekend, was Mike Woodrow, to whom goes special kudos has to go, turning in respectable 0:46:28.

6th May 2026 – Boars Head Pub Run



A long standing tradition of the Crows is the pub run and summer running wouldn't be the same if a few of these weren't added to the mix, and the first of these started and finished at the Boars Head on the outskirts of Eridge.

After heading down Boars Head Road it was across the fields to the road adjacent to Eridge Station and it was then along the footpath beside Hamsell Manor, which I never knew existed, before emerging on to the fields that eventually took us all back to pub for some well-earned refreshment. A scenic route as you can see and many thanks to Lou Ellis for defining the route and to my fellow runners for their company and catch-up after the run.

An enjoyable time was had by all.



10th May 2026 – Horsham 10k



The Horsham 10k was the second race in the month in the Sussex Grand Prix series and has long been a popular race with the Crows.

By all accounts it was a warm day but nevertheless well supported by local clubs and runners.

Not a flat and fast run course by any means with you hitting an uphill road section immediately you have completed a loop of the rugby field and then a gradual uphill section on trail after that. Okay, there are some downhill sections admittedly, but what makes the uphills more daunting is you know you have to do them for a second time after about 4k.

Great running by Will Isted who took 5th place with some great running.

The full results for the Crows were:

Finishing Position	Name	Time
5	Will Isted	0:36:36
96	Chris Russell	0:49:09
210	Mary Nightingale	0:57:31
298	Jayne Meyers	1:05:16



17th May 2026 - Rye 10 miler



You can see the Sussex Grand Prix events came thick and fast in May, with the Rye 10 miler as it is billed, or the Peasmarch 10 miler to be more precise, being number 3.

Once again the word challenging had crept into the description. Run on largely quiet country roads, make no mistake the course is undulating, which means hilly, from start to finish.

Completing his second Grand Prix race in the month, Peter Noon writes:

“This one was much less twisty and all on roads from Peasmarch. Less supported on the course than Haywards Heath but a better course for a consistent pace with a couple of longer,

sloggy hills. Again the weather was pretty much perfect and it was lovely to have a little murder of Crows out on the run.”

As Sarah Cooper also reports:

“Loved this race. Very sociable & and a great turnout from the Crows”



And the great turn out turned out some great times as well.

Finishing Position	Name	Time
21	Mark Redfern	1:08:51
29	Peter Noon	1:11:29
58	Byron Thomas	1:18:10
72	John Everest	1:20:02
115	Sarah Cooper	1:27:37
147	Louise Ellis	1:32:54
176	Lauren Martin	1:40:00



31st May 2026 – Hastings 5 mile



After kicking off the Grand Prix season with a race in March, it was Hastings turn again in May to host another race. This time a 5 mile, which this time is fast and flat, being a jaunt essentially along the seafront and back. It was also the last opportunity for Crows to compete in a 5 mile race as part of the Club Championship, which is possibly why it tempted 13 runners from the Club out of bed that morning. A turn out and performances that lifted the Crows into 8th place out 23 teams.

The results for the Crows on the day were:

Name	Time
Will Isted	0:28:00
Matt McCarthy	0:33:34
Tim Probert	0:35:34
Christy Styles	0:36:04
Chris Russell	0:37:21
Claire Styles	0:41:37
Name	Time
Victoria Hosegood	0:44:08
Mary Nightingale	0:44:54
Marie Bolton	0:45:19
Jasmine Jenkins-Khan	0:46:37
Ron Cutbill	0:49:21
Jayne Meyers	0:51:02
Roger Stone	1:03:48



And one of the great advantages of a race by the seaside, is quick dip afterwards.



In terms of Individual points scored in the Grand Prix to date, for the Ladies its:

Name	Points
Jayne Meyers	1170
Sarah Cooper	927
Mary Nightingale	914
Christy Styles	489
Louise Ellis	472
Claire Styles	461
Lauren Martin	459
Victoria Hosegood	445
Marie Bolton	435
Yasmin Jenkins-Khan	425
Lisa Herbert	357
Shirley Matthews	296

And for the Lads:

Name	Points
Mark Redfern	1421
Will Isted	993
Peter Noon	950
Byron Thomas	915
John Everest	895
Chris Russell	887
Mike Woodrow	466
Matt McCarthy	458
Alan Dean	453

Name	Points
Tim Probert	440
Bob Archer	400
Ron Cutbill	331
Roger Stone	318

And if you are wondering who collates the times and produces all the other statistics, it's our own Lisa Herbert

Many thanks Lisa.

Members Corner

New Members

On behalf of all of us, I would like to extend a warm welcome to the members that joined us in April 2026, who were:

- Ali Mason
- Kate Buckle
- James Shaw-Hamilton

Another Jaunt to the Seaside



The Yeomans Toyota Worthing Runfest took place on 2nd May 2026. Combining a half marathon, a 10k and a family mile all sharing the promenade and racing for the finish line at the same with the normal Saturday morning strollers may seem to some a bonkers idea. Nevertheless, it also means there are people everywhere cheering you on. It is extremely popular selling out year after year. If you are aiming for a PB though, you will need to aware of the odd buggy or 10. And for your troubles you get a medal that doubles as a bottle opener for that well-earned refreshment at the finish. Well there's a novel idea.

Crows who couldn't resist giving a go were as follows:

Finishing Position	Name	Time
592	Yasmin Jenkins-Khan	0:59:35
832	Sharon Wheeler	1:07:17
1022	James Welbury	1:15:20



A Chance to Sparkle

Looking for something a little different I had chosen the Rathfinny Run was my second outing of the month of May.

The Rathfinny Wine Estate lies just west of the picturesque village of Alfriston and was founded by husband and wife, Mark and Sarah Driver, on what was a working arable farm with the express intention of producing some of the world's finest quality English sparkling wines.

Now if you have ever wondered what the Romans did for us, well one thing was to work out that the best place to locate a wine estate was 3 miles from the sea, making Rathfinny the perfect location for producing quality wines. Located on a south-facing slope on the South Downs of Sussex is one of England's exceptional natural landscapes with breath-taking views, with breath-taking, from my point of view, perfectly describing the 10k that takes place there annually.

Whilst most races have their ups and downs, I found this 10k had them in spades. Add to this the camber you encountered running along the slopes and areas of uneven ground, plus not forgetting the punishing wind on the day, you had the perfect mix for an exhilarating morning outing.

Although I enjoyed the run, I was excited to the finish the finish, although not quite as excited as my miniature dachshund, Enzo, when he saw me and once again wanted to race me over the finish line.



Plane for All to See



If you are looking for another fairly unique location for a race, you might do better than Run Gatwick, which includes a half-marathon, and which took place on Sunday 10th May 2026.

Where else do you get to run alongside, and for short section inside an airport, with planes taking off in plain sight just a few hundred metres away. You also get a nice medal and a good bag of swag to boot.

There on the day was super trouper Sarah Cooper who knocked out a new PB.

She writes:

“It was by pacing another runner that I managed to achieve under a 2 hour half.

It was text book. We stayed around 8.44 all the way round and we smashed it in 1:55:10.

I would definitely recommend Gatwick if you want to practice pacing yourself or set a new PB. It’s a flat route and if you can stomach the smell of aviation fuel along the way it’s definitely worth a morning out”.

As someone else once said ““You know, sometimes I amaze even myself.” (Hans Solo – Star Wars Episode IV – A New Hope)



A Chance to Reconnect with Nature



One of my favourite quotes about the Lake District is “ Nature has a way of making us all feel small, but Cumbrian landscapes remind us of our place in the world.” So what an Ideal location for a three day event that celebrates outdoor adventure, ranging from trail running to open water swimming. With the event village located on the shores of Derwentwater, it combines event sports with live music, a chance to listen to inspirational speakers, watch films and a large outdoor brand expo.

Taking full advantage of this time away and chance to reconnect was member Alistair Lee who completed the 25k trail run on the 16th May in 3:19:40, , as he obviously couldn’t sleep, the 10k trail run on 17th May in 1:11:42.



A Way to Go

So how far would you go to run a marathon?

London (35 miles)?

Manchester (216 miles)?

Edinburgh (420 miles)?

Okay, if Edinburgh is an okay distance with you, you could be member Hannah Slater who competed in the Edinburgh marathon on 24th May 2026.

I 'm not sure if she noticed before entering but this time the word gruelling was included in the write-up, which could refer to the section along the East Lothian coast that I understand can be a little unpredictable. That said, you get to run past some of the city's many famous landmarks before then before finishing in Musselburgh. With a descent of almost 90 metres to near sea level, this flat course is up there with one of the fastest marathon routes in the world.

Congratulations to Hannah for the course in 3:56:47.

Oh, and you won't be surprised to know that Sarah Cooper was there running the half-marathon in another great time of 1:46:58



So, if Edinburgh is not far enough for you, how about Cape Town, which is 7,469 miles from Crowborough base camp, or the equivalent of 285 marathons.



I am delighted to say that Club members Janie Perry and Jeff Morehen took the trip to run the Sanlam Cape Town marathon to join 27,000 other runners, which was also on 24th May 2026.

A review by one runner on on-line described the race as vibrant, scenic, and electric with the course taking in Table Mountain views, and landmarks along the way with there being lots supportive locals, a festive energy, a strong community spirit and cultural warmth abounding. However, lets what Janie and Jeff thought of the experience.

Janie writes:

"I was lucky enough to run the Cape Town Marathon in May and absolutely loved the experience. I was thrilled to finish in 3:30:13, just 30 seconds slower than my London Marathon time a month earlier. The race offered stunning scenery, fantastic crowd support and a wonderfully friendly atmosphere throughout. Despite what the elevation profile might suggest, the course was far less hilly than expected. If you're looking for a marathon that combines a great race experience with a memorable trip, I would highly recommend adding Cape Town to your bucket list!"

Jeff writes:

"The highlight of my month was running the Cape Town Marathon on 24 May. It was in the final throws of the candidacy process to become an Abbott World Marathon Majors (AbbottWMM) event and is already considered Africa's premier marathon. If successful it will then bring Africa its first Major. It was a great day with the run taking us around the city on what was a hilly and challenging course. I had targeted 4:15:00 and crossed the line in 4:13:56 so ran pretty well to plan.

Once again many thanks to the wonderful Crowborough coaches and running buddies who helped me achieve my goal.”

As Jeff mentioned, the marathon was in the final throws of becoming the 8th Abbotts Major when he ran it. Well, it passed and was award the honour, which gives Jeff his 8th star, making him one of only 1,994 runners in the world to hold all 8 stars.

Jeff reliably informs me that Shanghai is due to become the 9th and final Abbotts major, which could be in Shanghai, possible in 2027. If you would to join him, you will be more than welcome



You Never Forget Your First Time Do You



The Club has amongst its ranks a number of ultra-runners, with Colin Tricker and Niall Smith being amongst them. Well, a new recruit is Bob Cook, who ran his first ultra on 30th May 2026.

Starting in Rochester, the course took him mainly along the stunning River Medway valley taking in Allington Castle, Aylesford Priory and Tonbridge Castle before finishing at the Tonbridge Athletics track. With him along the way was Niall Smith who completed the course in 6:41:17, just behind Bob who ran it in 6:41:15.

Congratulations gentlemen. Excellent running by you both.



And finally, I must mention Sarah Cullen, who ran the Marden 10k in 1:01:29 and Pearl Manser who ran the Folkestone 10k in 0:55:02, both on the 31st May 2026.

Great running ladies.

Nutley Coffee House

On a non-related running matter, if you don't already tragedy struck Club member Hannah Jackson and her team at the Nutley Coffee House on 1st May, just days before celebrating its first anniversary. Having all worked so hard and gained a great reputation, in the early hours of the morning a lorry stuck the front of the coffee shop causing considerable damage, which meant it has had to close temporarily.

The plan is to re-open the Coffee Shop in due course and a Club run is already being planned from Nutley with the opportunity take breakfast when it re-opens.

I know that Hannah and her team have been blown-away by the level of local support and it was so good to see so many of my fellow members there at the fundraiser on Monday 4th May 2026.

Parkrun Tourism

So where has James Welbury been park running this month?

Well, Guernsey this month on a windy day, along a scenic course along Pembroke Bay, avoiding rabbit holes for starters.



Another avid Parkrunner is David Jones, who wrote to me to say:

“In May I finally did a sub-30 park run at Tonbridge. Wasn't sure I'd get to that point but the Monday training sessions helped me massively.

I finished 349th out of 767 runners.

My first park run ever was Tonbridge last August where it took me 34 minutes. Delighted with the progress the club has helped me make in such a short time.

Thank you to those that give up their time to organise training and make it fun”



Thank you David. It is our pleasure.

And finally I need to mention Will Isted who completed the Seaford Parkrun in May in 0:16:29.

Well, as I always say, I think that that's it for this month. As always, I am deeply indebted to all those that have contributed. I sincerely hope you enjoyed reading what has been going on and I am looking forward to finding out what you have been up to in June.

Bob