



Crowborough Runners

Club Update November 2025

Well, another year nearly over, which I am sure for most of us has been eventful in more ways than one and a possibly mixed bag in terms of race results. However, as someone once said, "at the end of the day it's only just a run".

As this will be the last Update before Christmas, and before further ado, I would like to thank each and every member for their support for the Club during the year. We have seen the membership swell to an unprecedented level, with a total being 135 at the last count, with another 8 members joining us this month.

Also, if I may, before telling you about what the members have been up to in November, I would just like to say that for the December Update, in addition to reporting the events and other news that occurred, I would like you to let me know what were your highlights as regards running in the past year. Let me know your new PBs, your most memorable race or Parkrun, any anecdote shared with you that you would like to pass on to your fellow members. In fact, anything that made 2025 special for you.

So, in terms of November 2025.....

2nd November 2025 - Crowborough 5k and 10k



November is always an important month in the Club's calendar, it being the month of its annual 5K and 10K races.

With preparations starting way back in July, it all came together on the day. It is therefore only appropriate to express a big thank you from all Club members to members of the organising committee, who were Luke Forbes (Race Director), Eileen Welch (Chief Marshal), Sarah Hilliard, Ron Cutbill and Kevin Battell. A big thank you is also more than due to all the members, relatives and friends who stepped forward and acted as marshals, or did what else was necessary on the day, to make the event as safe and as memorable as possible. Finally, on the subject of saying thank you is one to the many that provided cakes, flapjacks and other goodies for the hungry runners, which raised a goodly sum of money for the Club's chosen charities.

Despite some initial concerns in terms of numbers of runners attending, runners came, as they always do, from near and far. Speaking to some of the runners before the race, I know it was certainly not their first time attending the event. Many seemed to be eagerly anticipating dipping their toes in the ford at the bottom of Palesgate Lane, which sadly had to be made out of bounds due to the strength of the flow this year, and then powering their way up the ascent that we have all come to love so well.

As always the ranks of runners from the Club was somewhat depleted, with members having to find someone to act in their stead on the day if they wanted to run. However, some great running nevertheless, especially by some the Club's junior members, demonstrating what great work the coaches are doing on a Saturday morning.

As you can see, some amazing running by our junior members in the 5k with Will Dean coming 3rd. The full Club results are as follows:

Finishing Position	Name	Time
Men		
3	Will Dean	0:19:44
10	Jasper Cassidy	0:22:11
15	Charlie Workman	0:23:44
22	Camilla Gebbie	0:25:37
26	Anna Ivadi	0:26:59

Turning to the 10k, again some great times for what is not an easy run.

Finishing Position	Name	Time
Men		
12	Luca Picco	0:38:35
24	Ian Balmer	0:41:19
27	Jacob Smith	0:41:42
49	Oliver Welch	0:45:02
61	Byron Thomas	0:48:04
140	Marco Brivio	1:03:47

Ladies		
71	Christy Styles	0:49:00
119	Pearl Manser	0:58:45
120	Mary Nightingale	0:59:02

Finally, you may be interested to know that the fame of the races seems to be spreading, as I have recently received an email from a guy in New York who has asked if he can run the race virtually next year.



9th November 2025 – Airman's Grave Remembrance Day Run



This was the second year that the Club had undertaken the run that is organised annually by Tunbridge Wells Harriers, with a 10-mile run starting and finishing at St John's Road carpark in Crowborough and a 6-mile run starting and finishing at Gills Lap on the Ashdown Forest.

For those that don't know, the Airman's Grave is situated on a secluded spot on the Ashdown Forest and is where on 31st July 1941 a Wellington bomber crashed when returning badly damaged from a raid on Cologne killing all five crew members.

It was the first year that I had attended the event and this year I had the honour of laying a wreath at the memorial on behalf of the Club. Arriving a little early provided time to reflect on what had happened there all those years ago and the sad loss of life by those that were no older than some of my children are now when they died. It wasn't long though before people started to come from all directions and very soon I was surrounded by people of all ages. Some of their own. Some in family groups. Some on horseback. Some with dogs. Some out for a Sunday morning walk who had come across the event by accident and decided to stay. Hundreds, which is not something I was expecting for such an isolated spot. I was also soon joined by the Club members who had made their way from Gills Lap. The weather couldn't have been more perfect.

It was really was a day to remember.





8th November 2025 - Sussex AA Stanmer Park



I hadn't realised until I ran a 10k trail race at Stanmer Park a few years ago the extent of it, having only passed by the front gate when popping to the shops in Brighton. It is vast. As well as being part of the South Downs National Park, it is home to Stanmer Village and has more listed building within it than you can shake a stick at. It is also, coincidentally a great location for running at any time

Members, both juniors and adults, are now regulars at Sussex AA cross-country events which is great to see and this race was the 2nd race of the 2025/26 season.

Competing against some of the best runners in Sussex, you can see that our juniors that attended ran really well.

Finishing Position	Name	Time
Under 11 Girls (1.6k)		
39	Maisie Carter	0:10:53
Under 11 Boys (1.6k)		
19	George Head	0:09:05
Under 13 Girls (1.8k)		
21	Charlotte Howard	0:14:52
23	Amelie Hutton	0:14:53
Under 17 Women (5k)		
30	Anna Ivaldi	0:30:51

I know from the numbers attending the ESSCCL events this season that many members enjoy the challenge that a cross-country event brings with it, but two adult members, in particular, like a top-up by attending the Sussex AA events. Namely Adam Styles and John Crockford and the Stanmer Park event proved to be no exception, with Adam finishing the 8k in 0:34:22 and John in 0:41:39. .

Excellent running gentlemen



1th November 2025 - Marden Half-marathon and 10k



Marden, once home to a Time Lord, is a small village nestling in the heart of Mid-Kent. Mentioned in the Domesday book, at which time it was known Maere Denn, its roots go back way beyond that. Known today for its strong community spirit as well as its rich history, there is always something going on and one of these it's the annual half-marathon and 10k races that take place every November. If you fancy, which some of our members did this year, a run through the mid-Wealden countryside around some quiet, flat country roads with lots of PB potential, then these races are for you. Tempted by the 10k were Luke Forbes who came 2nd in 0:34:56 and Sharon Wheeler who finished the course in a very creditable 1:04:37.

The Club results for the half-marathon were as follows:

Finishing Position	Name	Time
14	Will Isted	1:22:31
15	Colin Tricker	1:22:54
34	Ian Balmer	1:27:02
54	Maurizio Di Santo	1:29:44

Just to let you know that if by chance you develop a thirst during the race you can always have a pint of something refreshing afterwards in the Unicorn pub owned by ex-boxing promoter Kelly Maloney, would you believe.

Oh! The Time Lord by the way was William Hartnell, who was the first iteration of Doctor Who way back in 1963. He lived in the village for many years. His former home in Sheephurst Lane is easy to spot as it is only one that is 8 feet tall and only 4 feet square.

23th November 2025 - Snape Wood



Mention the word cross-country and the subject of mud more often than not soon crops up in conversation. From my previous experience, Snape Wood at this time of year has it in spades and this year didn't disappoint all of the Club's mud monsters.

As Sarah Cooper, who competed in the race for the first time wrote and told me "What an experience this was. Mud monster comes to mind. How I stayed upright is a miracle and I now truly now know the meaning of the word mudslide"

However, she then went on to say it was "great fun" and that "the support & camaraderie of my fellow crows was spot on".

It is worth noting, from what I have been told, that the conditions on the course were only marginally worse than the walk back to Wadhurst, if you chose the short-cut over the fields that is.

As per the previous race at Black Cap, a superb turnout by the Crows with 40 adult members turning up for a mud bath and what a great result, with the Club securing 1st placing which puts us in 2nd place in the championship so far.

The scores on the doors on the door on the day were as follows:

Finishing Position	Name	Time
Men		
8	James Bryant	0:34:32
11	Colin Tricker	0:35:19
15	Matt McCarthy	0:35:53
27	Neil Couchman	0:36:49
31	Peter Woodward	0:37:06
41	Zach Drake	0:38:25
47	Peter Noon	0:38:51
60	Peter Turner	0:39:49
63	Maurizio Di Santo	0:39:57
68	Dean Taylor	0:40:07
78	Adam Styles	0:41:00
89	Gordon Berry	0:41:50
102	Chris Russell	0:42:44
110	Tim Probert	0:43:38
113	Alan Dean	0:43:55
147	Alistair Lee	0:46:36
157	Steve Bolton	0:47:13
160	John Everest	0:47:21
162	Jack Knapp	0:47:36
169	Bryan Tapsell	0:47:17
209	Scott Werner	0:51:53
236	Lawry Freeman	0:54:17
292	Marco Brivio	1:01:13
Ladies		
69	Hannah Jackson	0:40:12
129	Christy Styles	0:45:13
132	Ella Gavin	0:45:19
188	Claire Styles	0:49:34
198	Heather Stevens	0:51:09
205	Alice Richardson	0:51:45
218	Sarah Cooper	0:52:55
235	Bex Stevens	0:53:53
246	Mary Down	0:55:36
258	Pearl Manser	0:56:38
293	Louise Knapp	1:01:17
296	Jayne Meyers	1:01:45
298	Sally McCleverty	1:02:09
304	Sarah Hilliard	1:03:03
308	Meg Attwood	1:05:01
339	Julie Erxleben	1:16:09

Also, another great showing by our junior members, as you can see from below.

Finishing Position	Name	Time
Under 11 Boys		
9	Zak Bryant	0:08:56
13	James Ash	0:10:25
14	Huey Mulder	0:11:31
Under 11 Girls		
8	Imogen Mulder	0:09:54
Under 13 Boys		
1	Charlie Workman	0:07:33
Under 13 Girls		
1	Charlotte Howard	0:08:17
2	Amelie Hutton	0:08:32
Under 15 Boys		
2	William Dean	0:15:31
Under 17 Boys		
1	Jacob Smith	0:15:30
Under 17 Girls		
1	Anna Ivaldi	0:20:29





28th November 2025 - Christmas Party



There's nothing wrong in celebrating Christmas early and this is what we did.

It has been few years since we went all posh, pushed the boat out and went for meal and boogie.

This year, thanks to Meg Attwood, saw members and their long suffering partners "glam up" for an evening at High Rocks and if I say so myself didn't we all scrub up well, with some amazing outfits on display.

Having arranged some Christmas events in the past, I know that doing so can be quite stressful. However, Meg showed no sign of any whatsoever it. It was obvious to all that she had worked so hard to ensure no detail had been overlooked to ensure we all had a perfect evening and she was the perfect host for the evening. The venue also didn't disappoint.

If anything, for me, and I know for many others, the evening passed far too quickly and before we knew it transport to take us home had arrived.

A huge thank you to Meg from all who attended.





Members Corner

New and Returning Members

A very warm welcome to:

- Naomi Noble
- Matt Chandler
- Carl and Tasha Tebbutt
- Fay Margo
- Jamie Gough
- Steve Sedgwick
- Jessica Henk.

Alex's Marathon Challenge

I mentioned earlier in this edition the run to the Airmen's Grave to honour those who lives had been lost as a result of conflict between nations, and here we are, 60 years later, with conflicts going on all over the world, as one nation fights to achieve supremacy over another. As always, it is the innocent that are the actual victims.

You will recall that I included in the August Update details of the challenge that Alexander Gusak was going to undertake to raise funds to support those in war torn Ukraine.

Well he achieved what he wanted to and writes as follows:

“At the end of the summer I planned a challenge to run 3 trail (ultra) marathons over three weekends back-to-back, to raise money for Ukraine: <https://www.justgiving.com/page/trident-challenge-for-ukraine-alexg>. I want to thank everyone who supported me. Also, I'm glad to report that I managed to complete all three races without getting injured or divorced.

5th October 2025 — Beachy Head marathon.

It's a gem of our local running landscape. I was doing it for the 3rd time and it's definitely not getting any easier. But another thing remains constant — the pure joy of seeing many familiar faces: Niall, Olatz, Steve, Gerry, Nick, John, to name a few.



1st November 2025 -Mallorca Els Tres Mils by UTMB, 56K.

It's one of the races that makes you question your life choices (and not due to UTMB-related controversies). But this finish photo with my boys leaves no doubts about the answers.



8th November 2025 — 5 Trails Ultra, 51K.

West Sussex in all its beauty. Very cosy race. Two photos to sum up.



He added that what he sent to me was just a brief report. A longer version with reflections is available on his the fundraiser page.

Another one in the Cannes



The Marathon des Alpes-Maritimes Nice-Cannes is France's second biggest marathon, after Paris and attracts several thousand runners every year. Run between the sea and the mountains, the race sets off from the Promenade des Anglais in Nice and crosses the finishing line on the Croisette in Cannes, close to the Palais des Festivals and is described as 42km of pure happiness. This year amongst the 10,000 runners on the start line for the marathon on the 9th November 2025 was Club member Peter Noon.

Peter writes

"This was my first attempt at a marathon, and having spent a lot of time around runners over the last 7-8 years I came to the opinion that it was necessary, if not actually to be enjoyed, at least once.

I chose this event on the advice of Gordon, and his recommendation was sound - it's a beautiful course, mostly flat, delightful French Riviera views to appreciate along the entire route, and very well organised with over 10,000 runners in the full marathon and another 10-12,000 taking part in various side events such as the half marathon and multi-point relay events.

To get prepared for my first go at this distance I signed up with Mike Gratton Coaching to provide a training plan, month to month, fitting around my work and other commitments. So from June I was running 3-4 times a week, totalling maybe 25 miles up to 6 times a week totalling 60 miles in September and became very familiar with the flat, straight (and dare I say boring) Forest Way path, the only flat long run location nearby!

So, my family accompanied me for a weekend 'break' in Nice, and cheered me along the way at a few points using the train line which follows the course to jump ahead of me, bless them. People say that a marathon is a race of 2 halves - the first 20 miles and then the rest,

and I can agree 100%. I had an optimistic target of 3hrs 30mins. The first 20 miles were perfectly paced for this, fun, feeling great and positive. No fatigue setting in at all. One slightly surprising moment was discovering that French races sometimes have fizzy water on the water stations. I had not realised this until I had filled my bottle with the unexpected bubbly liquid and carried on my run, only to realise that I would be drinking burp-fuel for the next 5k. Sacre bleu.

Unfortunately a call of nature meant I needed to stop around 21 miles and after that I believe I hit the dreaded "wall". From there it became a downhill struggle and I lost my perfectly planned pace to just survive and finish, eventually losing 20 mins off my target in the last 6 miles and finishing at 3hr 49min.

Still, it is done and I have the experience, and I know what I need to do next time (yes, I said it, next time). “

Beau travail Pete and to have had your family with you must have been a godsend, I am sure.



Revisiting an Old Haunt.

I was talking to Janie Perry on the 30th October and asked if she doing anything that weekend to which she replied “start spreading the news cos I’m leaving today”.

Oh, and why is that I said and she answered “I want to be a part of it”

Oh, alright, you have guessed what’s coming next.

On the 2nd November Janie was off to run her second New York marathon again having run it once before as part of gaining her Abbotts Majors 6-start medal and her 22nd in total, which she says “don’t get any easier”.

Janie writes

“From the 4.30am departure from the hotel, to the chilly wait in the start village on Staten Island, to the singing of the American national anthem before the start, the early uphill push across the Verrazzano-Narrows Bridge (mile 1), the quiet stillness of the Queensboro Bridge and the final hills through Central Park, I loved every mile. I finished in 3:32:18, a 19-minute improvement on my 2018 race. Among the trip highlights was a pre-race shakeout run in Central Park, where I actually ran past Eliud Kipchoge! “How good is that!

And if you didn’t already know already, they are called Abbotts Majors because the health-care company Abbott Laboratories was the first sponsor. Sponsorship has changed several times since then but the original name has stuck.



10k de Dieppe – Caisse d’Epargne Normandie



The race, which is around a 100% urban course, allows as many people as possible to participate, bringing together beginners and experienced competitors in the same event, all in a popular and festive atmosphere in the streets of Dieppe. The route also allows participants to discover the city's historical heritage and the must-see places of Dieppe.

Why am I telling you all this? Well, because one of the competitors who took part in the race on 9th November was our own James Welbury and his wife Dominique.

James writes

"We took part in a well organised and very sunny Dieppe 10k & 8k on Sunday 9th November all for £12.50. Nearly 2,000 took part on a nice flat course around the old town, port and seafront. We were given a kit bag, arm warmers, cakes and a free beer at the end. Definitely one to do for a PB, but took me just over 60 mins nursing a knee injury."

Sacré bleu James. Great running.

And I should add, that James is pursuing a further trip through the ParkRun alphabet and I will bringing you up to speed and providing details of the many and various places he has visited this year in the December Update.



A stroll along the Prom, Prom, Prom! Where the brass bands play, "Tiddely-om-pom-pom!"



Established in 1984, the Brighton 10k, which this year was held on 16th November, is one of the oldest and most prestigious in the South East of England. This year the event that showcases a flat and fast course along the scenic Brighton seafront attracted 3,000 runners. Representing the Club were Pete Woodward who came in in 0:38:18, Ceri Cook in 0:55:25 and Sarah Hilliard in 1:01:37.

A good day at the office for all concerned.

Club Matters



Finally, I thought you might be interested in the above, which was sent to me with the request that I share with it with all our club members. This code is a code that is able to be used all year round on www.provizsports.com.

Well, that is November over and done with. I very much hoped you enjoyed reading the Update and if you are that way inclined, I look forward to receiving your input for future editions.

Have a great Christmas and New Year.