



## **Crowborough Runners**

### **Club Update October 2025**

Someone once said, “Miles bring memories-make them count.” Well, as you will see, Club members were certainly doing that in October, competing in everything from a Parkrun to a Marathon and a “tuffy” at that. In the sunshine or in the wind and the rain. Be it over pavements or trails. Up hills and down dales. For the sheer enjoyment of it or to chase a PB to demonstrate to themselves that all that pain and suffering had been worthwhile, whilst not forgetting that pain is temporary but the pride of finishing lasts forever.

Well there I go, waxing lyrical again, when all you really want to hear is what your fellow members have been up to.

So.

### **Events**

**5<sup>th</sup> October 2025**

#### **Lewes Downland 5 and 10-Mile Runs**



The Lewes 10-mile and 5-mile Downland Trail Runs take place on the first Sunday in October each year and is hosted by Lewes AC, and this year the 10-mile run was Race 10 of the Sussex Grand Prix series.

It is said by many to be by far the most challenging, hilly, scenic race in the league.



The races, as always, start from Landport Bottom Meadow, which is to the north of Lewes, before then taking in some of the picturesque trails around Blackcap and Mount Harry on the South Downs running on chalk tracks, grassland, and woodland paths. Whereas the 5-mile course loops back from Blackcap via Mount Harry, the 10-mile race ventures further across quieter stretches of the Downs before returning through the wooded valley of Ashcombe Bottom, described by runners as “challenging but fun!” So, not an easy run then.

Up for the challenge and a bit of sightseeing for the Club were Peter Noon, who finished in 1:16:13 and Chris Russell, who completed the course, and in doing so secured 1<sup>st</sup> place in his age category, in 1:24:24.

Chris writes

“As a prelude to the Black Cap cross country, two intrepid crows took on the Lewes 10-mile trail race. Basically, it's the cross country course with an extra hilly 5 miles in the middle. Fortunately conditions were excellent and both survived ready to take on the new XC season.”

Peter adds that:

“Chris, clearly not exhausted by this feat, then continued immediately to run from the finish line straight to the car park and away to France!”

So it's true what they say then, “age is something that doesn't matter, unless you are a cheese”.

Well done guys.



### **Tonbridge 10k and Half Marathon**



Just across the border on the same day, starting just on the outskirts of Tonbridge, there took place a whole plethora of races to tickle the taste buds of an endurance runner of any persuasion. The races take you out into the picturesque Kent countryside. However, the half-marathon, in particular, is a challenging course of ups and downs, with the hills being said by some to be "relentless, but good fun nevertheless". A particularly high point (not literally) is the village of Leigh where the runners say support by the locals is always fantastic.

If you put challenging in the invitation to a race, we know that you are bound to find at least one Crowborough Runner there. On this day there were 5.

Representing the male members of the Club in the half-marathon was Byron Thomas who came home in 1:44:26. For the ladies Janie Perry romped home in 1:45:32, Sarah Cooper in 1:56:26 and Lisa Herbert (minus Pebble, her canine companion, this time) in 2:19:44.

Sarah writes:

“Great run at Tonbridge - last 3 miles home are very hilly and we were running against the wind but thoroughly enjoyed it and 6 minutes off last year and 6th for age.”

Janie writes:

“Wish I’d known Tonbridge Half was going to be SO hilly but had a good run and great preparation for NY marathon in 4 weeks! Lovely to be running with my eldest and my new son-in-law!



In the 10k, coming 2<sup>nd</sup> overall and knocking out another PB of 0:36:35 was Will Isted.



As you can see, a good day was had by all.

### **Hastings Half Marathon**



Also on the same day, the 41<sup>st</sup> Hastings half-marathon finally went ahead after its short-notice cancellation due to a chemical incident earlier in the year.

As it turned out it was a glorious autumn day.

By the organisers' admission, the course can be a bit of battle (get it!) with some serious climbs that add 941 feet of elevation, notably between the 3 and 9 mile markers. Despite this some pretty swift times have been recorded in the past with for the men 1:01:37 and for the ladies 1:11:13. In addition to the race bling, which is based on a traditional horse brass, there is a £1,000 bonus on offer for a new course record.



No course record on the day, however, but with 2,250 runners completing the single lap course there had to be some Crowborough Runners amongst them with the runners and riders for the Club being as follows:

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Finishing Position	Name	Time
78	Oliver Welch	1:27:38
96	Ian Balmer	1:29:10
529	John Everest	1:49:44
1445	Paul Wells	2:14:48

2025 Hastings Half Marathon saw 2,250 finish the single-lap course in



**12<sup>th</sup> October 2025 – ESSCCL Black Cap**



Well, the eagerly awaited cross-country season had finally arrived.

As I walked up to the start, which is probably one of the most treacherous parts of the course, I could vividly recall the race of last year. To add to the excitement on that occasion, some snow still lay round about, “deep and crisp and even”. By contrast, this year the running conditions were perfect as the 14 juniors and 40 seniors members of the Club, who had forgone a lay-in and yielded to Bryan and Niall’s rallying cries, will testify.

Being mainly on chalk tracks there no sloshing through muddy pools, although some would argue “where’s the fun in that”.

The Club results on the day were as follows:

### Juniors

Finishing Position	Name	Time
<b>Under 11 Boys</b>		
3	George Head	0:13:24
8	Max Noon	0:13:56
10	Finlay Perry	0:14:09
16	James Ash	0:15:47
<b>Under 11 Girls</b>		
10	Hattie Taylor	0:16:21
<b>Under 13 Boys</b>		
2	Charlie Workman	0:13:04
3	Sam Buckwell	0:13:40
<b>Under 13 Girls</b>		
1	Amelia Hutton	0:13:36
2	Charlotte Howard	0:13:43
5	Bea Taylor	0:17:27
<b>Under 15 Boys</b>		
1	William Dean	0:12:17
<b>Under 15 Girls</b>		
1	Amelia Brown	0:16:24
<b>Under 17 Boys</b>		
1	Jacob Smith	0:12:30
<b>Under 17 Girls</b>		
2	Anna Ivaldi	0:17:08

### Seniors

Finishing Position	Name	Time
<b>Ladies</b>		
169	Heather Stevens	0:40:17
186	Olatz Ruiz-Smith	0:41:00
198	Christy Styles	0:42:01
231	Sarah Cooper	0:43:33
238	Claire Styles	0:43:55
240	Bex Stevens	0:43:58
256	Eileen Welch	0:45:14
271	Lorna Buckwell	0:46:03
285	Mary Down	0:47:17

321	Meg Attwood	0:50:12
322	Marie Bolton	0:50:14
356	Jayne Meyers	0:53:19
375	Charlotte Mathers	0:56:56
397	Julie Erxleben	1:02:48
<b>Men</b>		
7	James Bryant	0:29:31
15	Colin Tricker	0:30:43
20	Jonathan Rafferty	0:31:05
23	Dean Taylor	0:31:23
35	Ollie Welch	0:32:48
37	Peter Noon	0:33:00
39	Sam Attwood	0:33:09
53	Zach Drake	0:33:42
54	Maurizio Di Santo	0:33:45
66	Neil Coachman	0:34:20
69	Gordon Berry	0:34:44
87	Tim Probert	0:35:57
108	Adam Styles	0:37:10
136	Steve Bolton	0:38:32
145	John Everest	0:38:56
173	Alan Dean	0:40:28
174	Alistair Lee	0:40:29
175	Byron Thomas	0:40:29
194	Jack Knapp	0:41:47
200	John Crockford	0:42:15
227	Bryan Tapsell	0:43:24
251	Paul Wells	0:44:57
278	Lawry Freeman	0:46:35
318	Marco Brivio	0:49:33
366	Ron Cutbill	0:54:42
380	Bob Archer	0:57:41

Finishing in 4<sup>th</sup> after Lewes who came first, the partnership of Eastbourne Rovers and Team Works in 2<sup>nd</sup> and the massed hordes of PPSST, means there is still a way to go to securing the Championship but what a good start and what a good result nevertheless.

Some excellent running by juniors and seniors alike.

Next Up, Snape Wood. Better start looking for your wellies.





# **15<sup>th</sup> October 2025 – Batter and Chatter Night**



Well here we go again then.

Started by a chance remark, this event has become a regular event over recent years over the winter months, and it is a chance for Wednesday night runners of all persuasions (Fast, Medium and Easy) to meet up and ketch-up over some fish and chips, or some other guilty delight.

As popular as ever, on the night there were shorter runs than normal in order to meet up at 8:00 pm, and leave plenty of time to discuss the run and to “chew the fat” about just about everything. So much to discuss, in fact, no photographic evidence on this occasion to record the event.

A big thank you to Meg for organising and to those that attended.

**19<sup>th</sup> October 2025**

### **The Great South Run**



For me it's just like going home, having spent my formative years in and around Portsmouth, when running for a bus was all I was inclined to do, and then not that often.

Whilst Portsmouth has seen a lot of changes since then, some things are timeless, like the pleasure of seeing close-up the historic ships in and around the dockyard that are an important part of our heritage and which are a key part of sightseeing along the route.

Like all things, what is now the Great South Run started off as a local race. This was 35 years ago and it has grown in size from only a relatively few runners to this year's 25,000 runners bright-eyed and bushy-tailed turning up on the starting line. The event was totally sold out, with a possible factor being the cancellation of the event last year due a forecast of horrendous gale force winds. These did materialise, as I can testify only too well. We were therefore all mildly optimistic that this year perfect racing conditions would prevail on the day.

How could we have been that wrong?

Nothing like last year admittedly, but what was an annoying drizzle just before the start turned into full-on rain for virtually the whole way round, although this didn't dampen the spirits of the runners and as someone else once said "when it's pouring rain and you're bowling along through the wet, there's satisfaction in knowing you're out there and the others aren't". What helped considerably to keep the spirits topped-up was the wet weather also hadn't dampen the enthusiasm of the inhabitants of the city who had turned out, as they

do every year, in their thousands to provide some very welcome support the whole way round.

I have competed every year the race has gone ahead since 2016 and have already put my hat in the ring for next year. A side-effect of this of this is the 10 miles seems to get shorter every year. What has changed in that the time is the need to temper my expectation yearly as to when I will cross the finishing line. It comes to all of us eventually, apparently.

Great to see some fellow Crows there and some great running despite the conditions.

The scores on the doors for those that entered from the Club were:

Place	Name	Time
1407	Tim Probert	1:13:25
10071	Sally McCleverty	1:40:58
14099	Bob Archer	1:53:34
15490	Shirley Matthews	1:59:57



On the same day a little east of Pompey was

## The Hove Prom 10k



This was the penultimate race in the 2025 Sussex Grand Prix season.

The race as usual was hosted by Arena 80 AC, a Club with a rich history that was formed in 1980 by a guy called Ron Grover, initially to cater for the needs of what he called the average “joe jogger” on the street who just wanted to run.

Starting at 9:00 am the race was over for most before the really bad weather hit. A “pancake flat” course consisting of two laps along the promenade means that with the right conditions a PB for a runner is said to be highly likely, although the race is suitable for seasoned and less seasoned runners alike.

With 382 runners taking part this year, possibly not a good time to walk the dog along the seafront. Amongst them, representing the Club on the day, were Byron Thomas and Sharon Wheeler who knocked it off in 00:47:13 and 1:07:02 respectively.

Thanks Ron and well done both.

## Saturday 25th/Sunday 26<sup>th</sup> October - Beachy Head Half and Full Marathon



The marathon, formerly known as the Seven Sisters Marathon, is renowned for its picturesque views throughout the South Downs National Park and its terrain, although not necessarily in that order. From the start to finish there are over 300 steps to climb, 14 gates to manoeuvre and 1,318 feet off elevation to ascend, with terrain varying from forest trails, open farmland and cliff top walks.

Still interested in giving it ago? Well,



It starts at the ungodly hour for a Saturday of 8:45 from Dukes Drive. That is the end of Eastbourne promenade where the only way is up (baby). It then follows the South Downs Way, with runners passing through the quaint villages of Jevington (the birthplace of Banoffee Pie), Alfriston and Litlington. It's then back via the Cuckmere River to the coastline, over the Seven Sisters, going past the infamous Belle Tout Lighthouse, before descending back down



to the finish line whence the you started. If stopping to catch their breath runners can enjoy stunning views of the English Channel and iconic white cliffs. So to say this marathon offers a true test of endurance and mental resolve is probably an understatement.

On the start line seeking both physical and mental exhilaration, and that all-important addition to the bling collection, were a quintet of Crowborough Runners, all of who finished the course.

Great running by all the members that took part. However, I am sure you will agree that one deserves a special mention, as you will from below.

The Club results were as follows:

Finishing Position	Name	Time
4	Nick Harvey	3:22:10
37	Dan Hare	3:52:29
308	Alistair Lee	5:03:33
386	John Everest	5:17:48
567	Alexander Gusak	5:51:09





As you can see an amazing effort by Nick in gaining 4<sup>th</sup> place overall in such a gruelling event. My understanding is that Nick was in 3<sup>rd</sup> place for a considerable part of the way round and at the finish was less than a minute behind the guy who came 3<sup>rd</sup>.

On the Sunday, which was after the clocks had gone back and theoretically the runners could enjoy an additional hour in bed, was the no less gruelling half-marathon with the Club again being appropriately represented.

The Club results were follows:

Finishing Position	Name	Time
19	Maurizio Di Santo	1:39:55
416	Marco Brivio	2:33:32
468	Lisa Herbert	2:41:27



**29<sup>th</sup> October 2025 – Halloween Run**



On this Wednesday night, although a little in advance of the actual All Hallows' Eve, the streets of the town saw an invasion of a whole host of ghosts and Ghoulies of the running persuasion and what a turnout there was. Yes, it certainly wasn't a case of all made-up and nowhere to go, with imaginations having run wild. With not a hint of garlic in the air, the usually respectable Wednesday night runners were out to "put the frighteners on" the inhabitants of Crowborough and, as you can see, the runners certainly did that.

Such fun. With everyone having a great time in the process.

And yes, the make-up did come off.

It's marvellous what you can do with some Vanish and a Brillo pad.



## **Members Corner**

### New and Returning Members

A very warm welcome to Kate Todd.

## A Load of Cobblers



Bruges is mainly known for lace, beer and chocolate and funnily enough it was not the chocolate that persuaded our Chairman, Kevin Battell, to abandon these shores with Sharon Wheeler on 12<sup>th</sup> October 2025.

The Athora Great Bruges Half Marathon starts at t'Zand, near the Bruges Concert Hall, and takes runners through the cobbled streets of the historic city centre (ouch!) with its many medieval buildings and along the banks of the Damme Canal, before finishing in the magnificent Market Square.

Not the most ideal of running surfaces for a good part of the way but great running nevertheless by Sharon and Kevin who completed the course in 2:25:50 and 2:42:24 respectively.



## **To the Woods, To the Woods**



As you will have already read, Crowborough Runners were out in force on 19<sup>th</sup> October 2025.

A race taking place a little closer to home on that day was the half-marathon in that jewel in the crown of Forest England, Bedgebury Pinetum. Held at the home of the national conifer collection, the course is known for his peaceful and serene atmosphere providing a relaxed and scenic running experience. This year, dodging amongst the 10,000 trees that are there and enjoying a bit of karma was our own Sarah Cooper who finished the course in 2:05:06.

Well done, Sarah.

### **A Time for Reflection**

Sarah Hilliard, your Club Treasurer writes

“October has been an interesting, busy and even unique month for me!

I achieved the age of 66 years so I now receive my State Pension and but I’m still in age category FV65.

I ran Tunbridge Wells Park Run for the first time, loved the course. It wasn’t muddy on 8th October. I came 2nd in my age category and several minutes behind our Mary Nightingale who was 1st in age category.

I ran about 60k in October, beating the target of at least 10 days of 5k for Cancer Research UK and raised £245 so far.

I also spent several hours preparing and organising for our Club Race on 2nd November as well coaching twice at track on Monday evenings and loved it. Fantastic turnout even in monsoon weather.”



If you would like to donate to Cancer Research UK, you can find Sarah's giving page at [Sarah's Giving Page](#).

## Club Matters

### Marathon Workshops

Following on from the highly success workshops held at the end of last year and the beginning of this, two further workshops have been arranged for the coming months. You will find what is discussed will better prepare you for a race of any distance and make you better aware of the actions you need to take during and after an event.

Once again, the workshops will be led by Janie Perry who is, as you know, in addition to being a registered nutritional therapist specializing in weight management and sports nutrition, is an Abbott Major Marathons medal holder and thus is able to talk from personal experience. It will also be an ideal opportunity for you to share hints, and tips and experiences gained on your running journey.

The workshops are to be held at Freedom Leisure at Goldsmith Recreation Ground after the normal track sessions on the following dates:

- Monday 8<sup>th</sup> March 2025
- Tuesday 27<sup>th</sup> January 2026.

### Crowborough Runners Website

When was the last time you accessed the Members Login on the Club's website?

Well, if you have just said what Members Login, you will understand why we have made some changes to the Club website.

As the majority of the information held in this sanctum, which was very rarely visited, was thought to be informative not only to members but to prospective members, and the remainder was generally available on the Net, the decision was taken to dispense with this scared place and replace it with a new Races and Events Page. So what you need to know will now be all in one place. No need to remember passwords. This will be regularly updated, including a Races and Events calendar so that you can see at a glance what is happening.





Why not take a look.

### Club Hoodies

If you are looking for an alternative Club hoody to the one available from the Club Shop with EV2 then look no further. These are now available locally at a cost of £28 and if you want a zip-up hoody it will cost you £33, both with a 2 week delivery and an additional £3, you can have your name or title added.

If you are interested, or would like to order one, you can contact Sharon Wheeler at [sharon.wheeler60@yahoo.co.uk](mailto:sharon.wheeler60@yahoo.co.uk).



### **Dates for your Diary**

- 23rd November 2025 – ESSCCL Snape Wood
- 28<sup>th</sup> November 2025 - Crowborough Runners Christmas Party, High Rocks
- 1<sup>st</sup> December 2025 - Timed Mile
- 6<sup>th</sup> December 2025 – Sussex AA Cross Country League (Ardingly)
- 14<sup>th</sup> December 2025 – ESSCCL Abbots Wood
- 17<sup>th</sup> December 2025 – Christmas Lights Run
- 11<sup>th</sup> January 2026 – ESSCCL Seaford Head

Well that wraps it up for another month.

It will soon be time to let me know what you have been doing in November and, as always, all contributions will be gratefully received. But till then, good running everyone.

Bob