



Crowborough Runners

Club Update October 2024

Well here we are with Jack Frost already nipping at our noses, base layers donned and shorts no longer de rigueur. Legs well and truly put away for the winter for most of us. This being the case I thought it time to look back at a time when the weather was a little warmer but not necessarily calmer. Well, October anyway.

As always there is much to report.

Eridge Park Cross Country



To start, not only the month, but the start of the cross country season, Crowborough Runners done it in style with a capital "S". Not one to be put off by rejection, Bryan Tapsell, our intrepid Cross Country Manager, had another go and this time was successful in securing holding this year's inaugural ESSCCL event at Eridge Park no less, courtesy of the Marquis of Abergavenny. It took a lot more than touching his forelock but he got there, ably assisted by Andrew Joad.

The event took place on 13th October and was a great success. The feedback from those that took part about all aspects of the day, such as the course, the marshalling, the parking, the loos (ah yes, proper loos) was positive in the extreme. This was down to all the hard work put in by members of the Cross Country committee but also the many members who sacrificed running what was an amazing course, if we say so ourselves. With the cost being the procurement of three chestnut trees, picked up by the ESSCCL, it really was money well spent. We can now all smile as we all imagine in a few years' time his Lordship roasting his nuts in front of an open fire courtesy of Crowborough Runners.

The members that ran the course also did really well with the results showing Crowborough Runners securing 2nd place, with the individual scores on the doors being as follows:



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Name	Position	Time
MEN		
Colin Tricker	4	00:34:37
Jonathan Rafferty	9	00:35:47
James Bryant	12	00:36:09
Sam Attwood	18	00:37:02
Dean Taylor	19	00:37:15
Ollie Welch	20	00:37:34
Peter Noon	25	00:38:04
Neil Couchman	29	00:38:34
Peter Woodward	38	00:39:15
Adam Styles	54	00:40:47
Zach Drake	66	00:41:58
Chris Price	68	00:42:08
Andrew Joad	79	00:43:00
Gordon Berry	90	00:44:05
Chris Russell	104	00:45:16
Tim Probert	114	00:45:45
LADIES		
Maddie Price	156	00:50:07
Christy Styles	159	00:50:26
Louise Ellis	174	00:51:30
Claire Styles	175	00:51:31
Eileen Welch	181	00:51:56
Lorna Buckwell	203	00:54:52
Meg Calcutt	213	00:55:34
Sally McCleverty	285	01:07:32



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The Walk Round





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On The Day





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This brings me on to the 20th October and a case of divided loyalties.

Lewes Downland 5 Mile and 10 Mile Races



This date saw the antepenultimate race in this year's Sussex Grand Prix series taking place. Namely, the Lewes Downland 10-mile race, with the emphasis not so much on down, as many who had not run it before came to find out. There was also a 5-mile option, which some of Crowborough Runners opted for. Yes, those intrepid Crows were at it again.



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For those that weren't there, the route is reminiscent of the Black Cap cross country but run in warmer weather. The races take in sites such as Blackcap and the historic Mount Harry, and for the 10-miler some of the quieter, less travelled parts of the Sussex Downs, as well as the wooded valley of Ashcombe Bottom. This runners variously describe as a little challenging or fun depending on their persuasion. So, not necessarily for the faint-hearted then.

As for the Crows that competed, didn't they do well with Mary Nightingale securing, yet again, 1st in her age category and Ron Cutbill 2nd in his.

	Name	Time	Age Category
5--mile			
Men			
50	Ron Cutbill	0:52:17	2
Ladies			
23	Mary Nightingale	0:43:40	1
48	Sarah Hilliard	0:51:51	5
10 Mile			
Men			
148	Alexander Gusak	1:35:13	12
176	Max Eager	1:41:47	18





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Chichester Festival of Running 10 mile Race

For me it's always too many races, too little time and so I had decided to assume the role of Norman No-Mates and entered the Chichester Festival of Running 10 mile race instead. It was only when I arrived that I found out about the Trundle. This I found out was an Iron Age hillfort on the top of St Roche's hill 6 kilometres north of Chichester. This meant that after leaving the streets of Chichester there was the delight of the uphill trail, or whatever you want to call it, to view this historic monument before returning to the safe confines of the cathedral city. With my run time not too shabby at 2:07:59, I thought it would be good preparation for the upcoming Great South Run and my annual pilgrimage to the places of my ill-spent youth.



This brings me to the 20th October.

The Great South Run, or as it proved, not the Great South Run.

Yes, the Great South Run was not to be this year. Warnings had been given in the week before of severe weather on the day. Now, I had suffered from wind when running the race previously, so I was not too put off. Nevertheless, the difficult, but what proved to be a wise decision, was taken to cancel the race. The first time in 25 years. As I was staying just over the water from Southsea, I can vouch for the fact that the wind was all it had been forecast to be when I ventured out for a cheeky run that morning. It means though that I, Sally McCleverty, Shirley Matthews, Ollie and Eileen Welch will have to wait until 2025 to run what is my favourite race. We do, however, have a free pass if we want it



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and you had the option, if you are a sucker for a bit of bling, as I unashamedly am, to gain the accoutrements that you would have been gained running the race if you proved you had subsequently run the distance by a specified time in November.

The Hove Prom 10k

What was the case for Southsea was not the case for Hove. This meant some plucky Crows who were not put off by the weather and the windy conditions taking to Hove seafront instead to run the Hove Prom 10k. This was the penultimate Sussex Grand Prix race in this year's series and yes, you don't even have to ask. This lady is on fire. Mary did again. 1st in her age category.

Hove Prom 10k		
Men		
	Ian Balmer	0:41:05
	John Everest	0:45:15
	Scott Werner	0:51:50
Ladies		
	Eileen Welch	0:49:33
	Mary Nightingale	0:55:17





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Batter and Chatter Nights

With October coming to a close and Pub Runs having been put away for the winter, it was time for the commencement of our monthly batter and chatter nights to entertain us after our Wednesday Club runs. As the first of these coincided with Halloween, we couldn't let the opportunity pass to let some skeletons out of the cupboard, let Wednesday runners' imaginations take flight and for ghosts and ghouls to invade the streets of sleepy Crowborough. A big thank you to Meg for coming up with the idea and organising, and to all who joined in the fun. The evidence is before you.





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New Members

I would like to extend a warm welcome to all of the Club's 'new members.

As you may recall, the membership had dropped quite a lot in June of this year, but I am happy to say we are almost back where we were, with in excess of 100 adult members. Junior membership is also thriving, numbering well in excess of 60.

I haven't the space to mention all of the new members but will tell you that Dean Taylor and Alan Dean joined in October.

I would also like to take this opportunity to extend a big thank you to all existing members for their continuing support.

Members Corner

I asked in the last Update for input from yourselves and to let me know what you had been doing. Well, many of you have and for this my thanks.

As you will see, a number of our members have ventured across the Channel during the past month to get their kicks.

Reims Champagne Half-Marathon

Not attracted at all by the post-race champagne tasting, James Welbury and Peter Maddison competed in the Reims half marathon that took place on October 13th. This was one of various races and distances over the weekend, with most of the 18,000 runners taking part in what James reports was a very well organised, mildly undulating half marathon. Oh, by the way, he does recommend the post-race champagne tasting. Well, would be rude not to.

Félicitations to James and Peter.

If you are thinking running it next year, James also reports that you no longer need a medical certificate to race in France but there is now quite a process to go through to get your race number before you can run, which I am sure James will be happy to tell you all about.

You may also know that James is a parkrun aficionado and has been gradually working his way through the 25 letters of the Parkrun alphabet, even go to Zuiderpark in Holland to collect his Z. In fact, he only has the letter J to go, which means an early flight to Jersey, or a drive to Jersey Farm and the slightly less exciting St Albans. If you are wondering, there is nowhere starting with X that has a Parkrun at the moment, and from what I can gather nothing is planned at the moment in Xanten, Xanthi or Xixerella.



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You might also like to know that it runs in the family, with Dominique recently completing her 100th Parkrun at Bushy Park, where it all started 29 years ago with just 13 runners. John Tighe completed his 300th on the same day.

Mainova Frankfurt Marathon

If you fancy travelling a little further you might want to try the Mainova Frankfurt marathon, which Andrea Battelli did on 27th October. Putting in a blistering performance, he was placed 449th in a time of 2:49:47 out of a field of 7,900 runners and in the process secured 4th place in his age category.



Guter lauf und herzlichen glückwunsch, Andrea.

I need to mention that I have also heard from Lisa Herbert about her crossover into Canicross and from Niall Smith about his ultra-running adventures, but I am saving these until the November Update, as you are probably as exhausted as I am.

Finally, I shall be preparing the November Update in a couple of weeks, so any input from you would be much appreciated.