Crowborough Runners

Club Update September 2024

Now you are probably thinking “you took your time” and I don’t blame you, but honestly, there was a lot happened in September I needed to catch up on as you will see.

It Was Goodbye to Pub Runs

With the evenings drawing in, always faster than you ever expect, it was time to say goodbye for another year to our monthly Pub Runs. These, as in previous years, had been a great success, combining a run with a chance to catch-up with fellow members over a glass of something refreshing afterwards. The last of these was hosted by the White Hart on the Green. Not the best of weathers, as I recall, but thoroughly enjoyed by those that braved the elements.

Hospice in the Weald 5k and 10k

The 15th September saw the 18th anniversary of the 5k and 10k races in support of the local hospice, taking in a scenic route past popular local landmarks in and around Royal Tunbridge Wells, such as the Spa Valley Railway Line and The High Rocks. This is one that falls into the “not an easy one” category, especially, as I recall, that cheeky uphill climb back to the cricket ground to get to the finish.

The scores on the doors for the Crows taking part were as follows:

Crowborough Runners

Club Update September 2024

10k		
Men	**Overall Placing**	**Time**
Ian Balmer	12	0:41:59
Chris Price	23	0:43:09
Tim Probert	49	0:47:34
Ladies	**Overall Placing**	**Time**
Louise Knapp	239	0:59:21
5k		
Men	**Overall Placing**	**Time**
Zach Drake	183	0:37:06
Ladies	**Overall Placing**	**Time**
Sarah Hilliard	116	0:31:59

And it's a special well done to Sarah who romped home and secured 1st place in her age category.

Crowborough Runners

Club Update September 2024

The John Faulds Hellingly 10k

Held on the 22nd September and a Sussex Grand Prix event held in memory of John Faulds, this year's race marked the 40th anniversary of Hailsham Harriers. This was yet another frolic around a beautiful, undulating, rural route. This time around the village of Hellingly. Apparently it was undulating, as opposed to very hilly. However, once again the field included 10 game Crows, who all ran so well and were a credit to the Club.

Men	Overall Placing	Time
Lewis Spiers	4	00:37:43
Neil Couchman	20	00:42:05
John Everest	52	00:46:53
Alastair Lee	112	00:58:03
Kevin Battell	126	01:01:21
Ron Cutbill	**143**	01:06:56
Mary Nightingale	105	00:56:44
Kirsty Weeding	130	01:02:43
Sarah Hilliard	139	01:05:20
Odette Thakrar	140	01:05:33

Crowborough Runners

Club Update September 2024

Eridge Park 10 Mile Trail Challenge

This race is billed as “a privileged and unique chance to run on a traffic-free course over private land through an historic deer park and ancient woodland”. The views are indeed stunning, for those that have the time and the energy to taken them in, and if you like steep narrow climbs and copious amounts of mud, which some of our lot obviously did, this is your baby. This was also on 22nd September this year.

The description above was tempting enough for 268 brave souls to enter this year, which included 6 runners from Crowborough Runners who all gave a creditable performance for what they all admitted was “not an easy one”

Men	Overall Placing	Time
Ollie Welch	5	1:20:29
Peter Noon	13	1:26:34
Gordon Berry	46	1:35:46
Scott Werner	131	1:54:38
Ladies		
Georgina Frowde	156	2:00:02
Eileen Welch	157	2:00:02

Nevertheless, as you can see, they still all managed to raise a smile at the end.

Crowborough Runners

Club Update September 2024

If that was not enough happening on the 22nd September, it was also the day of the Vitality 10k around many of the landmarks of London. It was also the day the Megan Calcutt had a day in town running with the likes of Elish McColgan, no less. Her first experience of a big race in London, she managed to knock out a time of 0:55:04, which as you can see by the smile on her face, she was well pleased with.

And Then There Was the 2024 Autumn 10k Relay

Every so often someone comes up with an idea that lights a spark and acts as incentive for a large number of members in the Club, of all abilities, to come together for an evening of friendly competition. Even though some members had been racing the day before, even that wasn't going to put them off and so the evening of the 23rd September saw the Club's Autumn 10k Relay take place at the track at Goldsmith Recreation Ground. 6 teams running 10k. a.k.a. 24 times around the track, with each member running a minimum of 3 laps of the track.

It was the Purple team that took the honours but what a great evening it was for all who came, the success of which was in no small part to all the hard work put in by Megan Calcutt and Hannah Jackson.

The evening ran like clockwork. Everyone joined in in the spirit of the event and it was a joy to see so many of the Club members come together for a fun evening. Something that happens all too rarely.

Crowborough Runners

Club Update September 2024

It was also good to see so many of the junior members taking part, showing some of us how it should be done.

As the photos below show, a great time was had by everyone, with all who participated going home with a smile and another item of bling for the medal rack.

Crowborough Runners

Club Update September 2024

Before signing off, can I say that I know I have not captured by any means everything our members were up to in September, with many of them strutting their stuff at other events. If you would like a shout-out in future months and would like to send me a short race report on how you did, please feel free to send it to the usual address

That's all for now but see you again in October.

Bob