



Crowborough Runners

Club Update September 2025

So there was me thinking September would be quiet month but how wrong was I.

Not long after the request had gone out for what you have all been doing, I started to receive input telling me of events Crows had competed in both near and far. Now that doesn't mean that I am complaining. Far from it. The willingness to share experiences with fellow members to me demonstrates a sense of community within the Club. A further example is the level of attendances at track sessions and Wednesday runs being at levels not seen before in my lifetime, with the Club that is. However, before I start going off on one, let me tell you what you really want to hear and that is what your fellow members have been up to in the past month.

Events

7th September 2025 - The Big Half, London



So no big deal to some of you guys but this was my big one for the year.

Having had to pass on the 1985 London Marathon due to a school boy error, and perhaps a little long in the tooth now to have another go and do myself justice, in my eyes anyway, this was the nearest I was going to get. For those that don't know, it is akin to the first half of the London marathon course but backwards. Starting at Tower Bridge, it is then off through the rather spooky Rotherhithe tunnel for a tour of the delights of Docklands, this is before returning whence you came and then finally, via the north side the river, to finish at the foot of the Curry Sark.

I have to say I enjoyed every minute, especially the joy of seeing some of my fellow Crows at the finish. Okay, to be fair, I had ignored their hollers of encouragement close to the finish, due to having my race head on, but so grateful that they did it must be said.

Not exactly able to get all the training in that I wanted, due to partaking in far too many guilty pleasures over the summer months, I set myself a goal that I thought was achievable and, do you know what, I beat it. Yes, by 8 precious seconds. Okay it took my longer to write that last sentence, but I am willing to revel in every one of them. And I am sure many of you have felt the same on occasions in the past.

Called the Big Half for a reason, I was one of 17,198 that finished that day, as did five of my fellow Crows, with the results being:

Place	Name	Time
1257	Mauro Di Santo	1:31:50
2480	Janie Perry	1:39:44
2969	Roisin Archer	1:42:31
5584	Sarah Cooper	1:54:38
10183	Scott Werner	2:13:26
15040	Bob Archer	2:44:52





21st September 2025 – Hospice in the Weald 5k and 10k



This year saw the running of the 19th year of the Hospice in the Weald races. Always a popular event, these events make a significant contribution towards the nearly £8 million that it costs to run the charity, and on the morning of the race the Lower Common cricket ground was packed with runners of all abilities all only too willing to show their support for such a worthwhile cause.

Taking in such sights as the Spa Valley Railway and High Rocks along the way, it is known for being one of the best organised closed road events in the South East.

Since I ran the 10k, which I must admit was a little while ago, they have added a half-marathon. Whilst none of my fellow Crows were tempted by this distance, there was good turnout, as always, for the 5k and 10k races with some great running by all.

Place	Name	Time
5K		
Men		
5 th	Sam Buckwell	0:22:57
6 th	Zak Bryant	0:23:09
7 th	James Bryant	0:23:09
	Russell Taylor	0:40:52
Ladies		
11 th	Sonja King	0:23:53
35 th	Lorna Buckwell	0:27:02
10k		
Men		
9 th	Ian Balmer	0:41:31
24 th	Tim Probert	0:45:14
285 th	Oliver Ashby	1:03:52
Ladies		
179 th	Megan Attwood	0:56:58
260 th	Louise Knapp	0:01:35
433 rd	Pearl Manser	1:33:36

Please accept my apologies if I have omitted anyone who took part.



17th September 2025 - Pub Run



I have said on numerous occasions that I can't believe how fast the summer has passed and last month marked the end of summer for the Club with sadly the last Pub Run of the season. However, they will be returning next year, which will be as soon as conditions allow.

The chosen start and finish on this occasion was the Wheatsheaf, situated on Month Pleasant. What that meant was there was no way of avoiding a pretty serious uphill climb at the start of the run no matter what route you took. And so with the refrain by a certain Kate Bush song, you know the one, ringing in my ears, it was onwards and upwards.

The route thankfully culminated in a romp down Crowborough Hill before us all arriving and receiving a warm welcome back at The Wheatsheaf, as well as a glass of something refreshing and, naturally, a good old chinwag.

Great company as always enjoyed in a friendly atmosphere and, as always, a big thank you from all who took part to Meg Attwood for making the necessary arrangements.

As you know, winter inevitably brings the cold and the rain but also with it a monthly ray of sunshine with Batter and Natter nights at Fiiiiisssshh on the agenda once again.

28th September 202 - Hellingly 10k



Being surrounded by lush countryside, the village of Hellingly has got to be the ideal location for a 10k run.

This year's race saw the celebration of its 38th year and it also being the 9th race in the 2025 Sussex Grand Prix series. Advertised as an undulating route (yeah right), runners who hadn't run it before soon discovered where the hell was in Hellingly. Those that ran it reported it, rather understatedly I thought, as being very hilly.

One saving grace was the weather on the day was perfect. No PB's but great running by all who represented the Club.

Place	Name	Time
Men		
20th	Oliver Welch	0:38:54
54th	Gordon Berry	0:44:03
78th	Chris Russell	0:46:10
126th	John Crockford	0:50:19
Ladies		
130th	Eileen Welch	0:51:00
152nd	Sarah Cooper	0:53:29
433rd	Pearl Manser	1:33:36



28th September 2025 – Eridge Park 10-mile Trail Challenge



A little ditty some of our more mature members might recall goes as follows:

“ Mud,mud, glorious mud,
Nothing quite like it for cooling the blood
So follow me follow
Down to the hollow
And there we will wallow in glorious mud”

This perfectly sums up the annual Eridge Park Trail Challenge organised by Tunbridge Wells Harriers as it is a magnetic for mud larks. Promoted as “a corker of a race”, the views are also pretty good if have to time and energy to enjoy them. Nevertheless it is the steep & narrow climbs and the copious quantities of mud that people talk about most.

Dubbed also as “one of runners favourite off-road races”, the trail challenge celebrated its 25th anniversary this year.

So, not for the faint hearted. However, that didn’t stop a goodly contingent of Crows giving their all on the day, as you can see.

Place	Name	Time
Men		
4th	Nick Harvey	01:11:21
10 th	Dean Taylor	01:20:00
27 th	Peter Noon	01:27:40
29th	Alistair Lomax	01:27:55
Ladies		
55th	Sonja King	01:36:31

Great running by all.

28th September 2025 - Vitality 10k



You take in some of the most iconic sights of London by taking a tour on a Red Bus. The more active would walk. If you only have an hour to spare on a Sunday morning then for you the Vitality 10k is the perfect opportunity. Oh, and no mud by the way.

Started in 2008 with a start line of 6,000 runners this event has grown in popularity with attendance regularly around the 17-20,000 mark. It also attracts some pretty prestigious runners.

Representing the boys, Zak Mohamed, of Southampton Athletics Club, put in a not too shabby performance winning in 0:29:07. For the girls it was Eilish McColgan who stormed home to a record third win of the event and in doing so equalling Jo Pavey's record time of 0:30:35. Also storming home were Zach Drake and Louise Knapp of Crowborough Runners in times of 0:40:00 and 0:55:19.



29th September 2025 – Club 10k Relay



Isn't it really great when someone comes up with a fun idea that brings runners of all abilities in the Club together, adults and juniors alike, that encapsulates the spirit of what the Club is all about, like what I was talking about earlier. Such an event is most definitely the 10k relay.

When run previously the event proved to be highly popular. The event on 29th September proved to be even more popular with it being oversubscribed. What was great to see was many other members of the Club turning out to watch the runners competing strutting their stuff.

There, only as an observer, I can vouch that, although billed as perhaps a bit of a fun event, all who took part gave it their all and thoroughly enjoyed themselves in doing so, as can be judged by the very smiley faces in the photographs below. Nothing wrong with a bit of friendly rivalry, if there is such a thing.

Once again it was Meg to the fore, ably assisted by hubby and Hannah Jackson, making the whole thing possible and run like clockwork. Sincere thanks to them from all who were there.





Members Corner

New and Returning Members

A very warm welcome from us all to:

- Bex Stevens
- Carole Dowling

Starting Them Young

We all had to start somewhere. The younger the better, so they say, and the Vitality Westminster Mile is the perfect place to compete in your first race. And you don't have to be a budding Roger Bannister, who ran the first sub-4 minute mile over 70 years ago don't you know.

It will be a wee while before she will be competing with her dad, but the youngest of the Ruiz-Smith family completed her first mile race during the month ably assisted by her mum Olatz.



Not Exactly a Walk in the Park Then

It wasn't long ago that we were pleased to welcome John Crockford to the Club. No stranger to running, John joined us from Gravesend Road Runners and whilst he has been a regular attendee at most Club events, he did a cheeky one on his own in September and ran the Richmond Half Marathon in a very respectable 01:51:08. Well pleased with himself, as you can see.



A Race Celebrating History and the Spirit of Endurance.



In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

The Flanders Fields Half-Marathon is an annual event that immerses runners in the poignant scenery of Flanders' World War 1 landmarks. Running it this year on the 21st September 2025 were Club members James Welbury, John Tighe and Peter Maddison.

The race starts and finishes in Ypres, which is a place etched into the hearts of our nation and its mention instantly recalls the bravery of those who fought and the many that fell during the course of the First World War.

James writes:

"It was a more undulating course than we expected.

We started just off in the Market Place and run under the Menin Gate twice. They still play the last post every evening there at 8pm, which is very moving.

The course took us past some of the smaller Commonwealth War graves on a showery day. Running I couldn't stop thinking about the thousands of young lives that were lost, or who had to suffer the freezing cold, wet trenches, being bitten by rats and catching pneumonia if they weren't shot."



This is also a poignant reminder that Remembrance Sunday will soon be upon us. Last year the Club had the opportunity to partake in the annual run and to attend the Remembrance Sunday service at the Airman's Grave on the Ashdown Forest. It will be taking place this year on Sunday 9th November 2025. I will be asking Tunbridge Wells Harriers for the details for this year's run and will be letting you all know what they are in due course.

Have You Ever Had One of Those Days



As you know from previous editions, member Sam Attwood has already run the Boston and London marathons this year. More than enough for most people but not for Sam, and this was why he headed to Berlin during last month to compete in the annual marathon that took place on the 25th September 2025.

From what I understand he had everything sorted and all he had to worry about was completing the course on the day, which based on past experience would not be problem. However, in the days just before the race fate played its evil hand.

Sam writes

"Berlin Marathon 2025 was an eventful one!

I had optimistically booked a houseboat in the centre of Berlin as my accommodation. On the first night I was evacuated due a 100kg unexploded WWII bomb being discovered in the river outside my window. After a night in an evacuation centre sleeping on the floor, I headed home for some rest and to carb load. Then, the night before the marathon, I awoke to see my breakfast bagels moving across the bedroom floor by themselves...it was at this moment that I realised I was sleeping with rats!

Safe to say, it was an eventful build up!

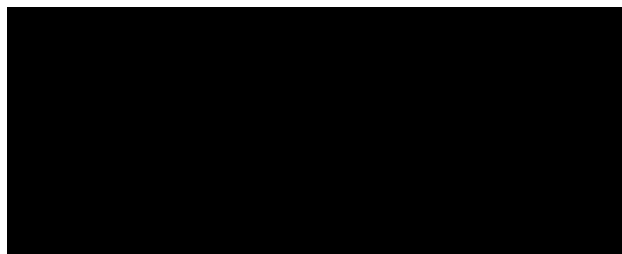
The race itself was fantastic, although very hot at 27 degrees. I went out on the first wave, in the front line, shaking hands with the elites and sharing small talk with Richard Whitehead MBE and yes I did see Harry Styles... The crowds were fantastic and I was happy to complete it in a time of 2:49.

Not a PB but I think I have a fair few excuses to pick from in the circumstances!”



Great running Sam.

Back to Black



If you happened to be in the South Downs Country Park during the night of 27th September you may have been in for a bit of surprise. Why? Well that was the day, or rather the night, of the Dark Downs Half Marathon. A run along a stunning route completely in the dark. If

it sounds rather spooky it probably was. Anyway, if you were there you would have come across fellow member Marti Bauerrova.

Marti writes:

“What an incredible experience it was running through the night. The atmosphere, the challenge, and the views were unreal. I had such a fab time pushing myself and soaking up every moment. Already thinking about the next year one. “



It Runs in the Family



You probably remember having seen this location featured in Update earlier this year. On that occasion it was Janie Perry taking an outing with her offspring. In September it was two members of Bolton runners who took part the marathon in the vicinity of Dorney Lake, near Eton.

Well, the boys did the family proud, with Sam knocking it on the head in 3:18:44 and Steve in 3:33:19.

Great running gentlemen.

And Last if not Least

Congratulations to Will Isted who knocked out an amazing sub-17 minute 5k in the Eastbourne 5k on 14th September 2025.

William Isted	
128	
The Eastbourne 5k	
14 September 2025	
Gender : Male	
Category : Senior Men 20-39	
Status : Finished	
Age Grade % : 77.24	
Team : Crowborough Runners	
★ Add To Favourites	
Finish Time	
00:16:38	
OVERALL	CATEGORY
9/237	4/48
GENDER	
9/123	
Net Time	
00:16:38	

Will writes

“Finally got the sub-17. Wednesday sessions are paying off. Thank you everyone for your help”

Club Matters

10k volunteers required

The day of the annual 5k and 10k races is creeping up on us fast and I understand from Eileen Welch, who has taken on the task of Chief Marshal, the Club still needs volunteers to act as a course marshal, or carry out one of the many other roles that need to be performed on the day. Just a few hours is all we are asking for.

The event is one of the main sources of income for the Club and is one of the reasons why we are able to keep the annual membership subscription so low. It is therefore vitally important that we not only ensure the safety of the runners taking part, but that runners have a good experience on the day and spread the word so that runners keep coming back again and again.

If you have already signed up, our sincere thanks. If you haven't and can help out on the day, you can do so via the SPOND app. If you can't make it, perhaps you know some else who can. If so, can I ask that you let Eileen know at eileencw77@gmail.com.

The 2025 Crowborough Runners Bake Off

In addition to helping out on the day of the 5k and 10k races, we are asking you to demonstrate your prowess in the kitchen by donating all kinds of goodies of the baking kind to feed the hordes of hungry runners that will attending. Details of how and when these need to be delivered will be provided nearer the day. So as they say:

- Ready

- Steady
- Bake.

Dates for your Diary

- 19th October 2025 - Hove Prom 10k
- 29th October 2025 - Halloween Social Run
- 9th November 2025 – Remembrance Service, Airman's Grave Run
- 23rd November 2025 – ESSCCL Snape Wood
- 28th November 2025 - Crowborough Runners Christmas Party, High Rocks
- 14th December 2025 – ESSCCL Abbots Wood
- 17th December 2025 – Christmas Lights Run

Well that wraps it up for another month.

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

Bob