It’s the Already Autumn Edition

Someone once said, “September is like a fresh chapter in a book—full of possibilities!”

As you will read, this certainly seems to have been the prevailing mood of many of the Club’s members during September. After the relative lull in August, members were here there and everywhere, competing as a team or going it alone, in locations near and far. It certainly was a time for making the hazy days of the summer and of the over-indulgence of times away become just a memory; for starting to squeeze in those last road races in the calendar before diving head long into pursuits of the muddier kind.

Club Events

13th September 2026 – Hellingly 10k



Once a year the historic village of Hellingly hosts a 10k race organised by Hailsham Harriers in memory of John Faulds.

This year saw the Harriers celebrate another hugely successful event, with 255 runners taking to the undulating country lanes surrounding village for the 39th running of this much-loved local race. A firm fixture in the local running calendar and a proud part of Hailsham Harriers’ history, the race once again brought together runners from across Sussex and beyond. This year there were 24 in total, bringing together athletes of all abilities to take on the challenging 10K, which, as in most years, included athletes from Crowborough Runners.

This year on the start line was Mark Redfern who writes:

“Three Crows took on the challenge of the Hellingly 10k as part of the Sussex Grand Prix on Sunday 13th September 2026. The weather was a little cooler than recent weeks, but it was deceptively humid.

Chris Russell, Gordon Berry and Mark Redfern joined the 255 participants on the 10k course around the scenic village of Hellingly. The course for those who have not done this one is a flat start for the first couple of kilometre’s then gradual inclines up and down for the remainder which, was certainly a good test, but nothing the Crows could not handle. There were some strong runners in the field with the winner completing the course in 35:18. The run was all worth the effort with a good selection of cakes available at the finish.

Gordon, Chris and I all came home with good result and enjoyed the event.”

So, for the Crows it was boys’ day out, with all three turning in some impressive times

The results were as follows:

Position	Name	Time
28	Mark Redfern	0:40:56
45	Gordon Berry	0:44:09
81	Chris Russell	0:47:49



September 2026 - Great North Run



Predating the Hellingly 10k by a few years is the Great North Run.

Trying to get a place in the Great North Run via the annual ballot you may know is like trying to win the lottery. I know, as I have tried on several occasions and been unsuccessful. It is hard to believe therefore that the race, that first took place on 28th June 1981, and was founded by gold medallist Sir Bredan Foster, started as a fun run. This year 63,000 runners took part, the biggest ever.

Not a flat one by any means. There is a noticeable climb around miles 3-5 and a sustained uphill stretch between miles 8 and 12, which must make the sight of the North Sea a great relief as runners approach South Shields, with only a run along the seafront remaining.

The race has also attracted, and continues to attract, some remarkable participants, including elite international athletes. You can also always spot amongst the runners many famous faces from the worlds of sport and entertainment, and this year faces familiar to our members. These were those of Ollie and Eileen Welch. who both turned in a sterling to performance. Ollie crossed the finish line in 1:40:01 and Eileen romping home in 1:58:17.

Not only a great race but a great atmosphere to experience, with this year more than 200,000 spectators lining the route.



13th September 2026 – Sussex Road Relays



The Sussex Road Relays are highly competitive and very enjoyable races that have been an annual feature of the Sussex athletics scene in their present format since 1990. Having been located at various venues over the years, the Relays took up residence in Preston Park post-COVID.

Relays test not just the ability of individual runners but the strength in depth of a club's resources and, as in past years, the Club's juniors put up a strong performance completing the 6 miles in 0:35:17. Great running by Jacob, Jasper and Will.


SUSSEX ATHLETICS
SUSSEX
ROAD RELAY CHAMPIONSHIPS
SUSSEX ATHLETICS
A145


SUSSEX ATHLETICS
SUSSEX
ROAD RELAY CHAMPIONSHIPS
SUSSEX ATHLETICS
B145


SUSSEX ATHLETICS
SUSSEX
ROAD RELAY CHAMPIONSHIPS
SUSSEX ATHLETICS
A145

20th September 2026 – Run Reigate



Run Reigate has won numerous accolades in the past, winning the UK's Best Half Marathon award at The Running Awards in 2017 and 2019 and silver awards in 2015 and 2018.

It was perhaps this that attracted three of the Club members to participate in this year's half-marathon event.

Priory Park, where the race starts and finishes, with its lake, mature trees and open green spaces, combined with panoramic views across the Surrey countryside is an ideal location for such an event.

Huge congratulations go to Simon, Richard and Pearl who were all well placed amongst the 1,121 who finished the race.

The results for the Crows were as follows:

Position	Name	Time
191	Simon Faiers	1:40:18
720	Richard Grinham	2:05:51
829	Pearl Manser	2:11:40

A shout out also goes to Marco Brivio who came a very creditable 351th out of 948 in the 10k, coming home in 0:57.27.









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20th September 2026 – Hospice in The Weald 5k, 10k and Half-Marathon



There is no better feeling, in my book anyway, than enjoying a challenging race whilst knowing at the same time you are helping to support a worthy cause, and they don't get more worthy than the Hospice in the Weald.

Since the first modern hospice was opened in 1967, end of life care has been transformed. This is despite the fact that, of the in excess of £2 billion now needed to fund hospices in this country, only about a quarter is funded by the government. This means hospices are hugely reliant on charitable donations, fund-raising and other activities.

Since the first 10k, which took place in 2006, millions of pounds have been raised by the annual races that now take place, with this year an estimated £170,000 being raised by the three events. As per normal, there to celebrate the 20th anniversary where members of Crowborough Runners. Great running by all, and if I might say, especially by our juniors, Sam and Zak.

5k

Position	Name	Time
8	Sam Buckwell	0:22:07
16	James Bryant	0:23:37
17	Zak Bryant	0:23:38

10k

Position	Name	Time
9	Mark Redfern	0:40:38
10	Ian Balmer	0:41:17
15	Tim Probert	0:43:03
19	Craig Chapman	0:43:31
184	Francis Leary	0:58:49



23rd September 2026 – Batter and Chatter Night

With Summer nights now seeming an age away, it was back to exploring the possibilities of the streets of Crowborough for the Club's Wednesday night runners. Whilst it is not surprising, with a little ingenuity being exercised by our team of run leaders, to find a of routes to while away the winter nights, a little light relief is called for every now and then. What better way is there than catching up with fellow members over some fish and chips, which is how batter and chatter nights came about.

September saw the first of this season's, which was well attended by 18 hungry members.

A big thanks to John Crockford for making the necessary arrangements.



27th September 2026 – Vitality 10k



I appreciate that I have said many times before that there is nothing like a mass participation event around the streets of our Capital. What makes it even better is if the weather is on its best behaviour, which it was for the Vitality 10k this year. A little different than my last run in the big city, it being twenty degrees warmer for a start. A lot more smiley faces this time around too. There was also the buzz of completing the race in front of Buckingham Palace.

It's a race that also always attracts some big names, which this year included Elish McColgan, who led the women home in 0:31:50 and what can be better than having your mum there to cheer you over the finish line. Yes, Liz McColgan was there, who was not too shabby a runner in her day, winning gold in 10,000 metres in the 1991 World Championships and the 1992 Commonwealth Games. Her personal best at 10,000 metres of 30:57, set in 1991, moved her to second on the world all-time list at that time. This stood as the Scottish record, when it was broken by, guess who, her daughter Elish. Now, how proud would you be?

Also cheered on by Liz was our own Will Isted who came home in 0:34:36.

It was likely Will was on the train home when I finished, but a good day for me, nevertheless.

The full results for the Crows were as follows;

Position	Name	Time
151	Will Isted	0:34:36
8907	Bob Archer	1:10:04



28th September 2026 – 10k Relay



Well, what a night that was!

Whilst the last Club 10k relay had been popular, this year attendance exceeded all expectations, with 49 runners eager to get on the starting blokes making 7 teams of 7.

Boy, didn't they all give it some. Enjoyment was obviously for later, as all the runners gave it their all.

I was a mere bystander, but even for me the atmosphere was electric.

That everyone had a good time was evident as everyone mingled and congratulated each other whilst enjoying the refreshments that had been laid on for the after party.

There had to, of course, be a winner and huge congratulations to the Green team.

The placings were as follows:

- 1st place – Green team
- 2nd place – Red team
- 3rd place – Yellow Team
- 4th place – Blue team
- 5th place – Grey team
- 6th place – Purple team
- 7th place – Orange team

A huge thank you must go from us all of us to John Crockford, who put in so much work into making this event such a success, and I am sure he would like me to thank those you assisted and supported the runners on the night.

I am not going to say any more as I think the photos taken on the night say it all.













Members Corner

New and Returning Members

A very warm welcome to

- Helen Champion
- Julie Peckham
- Paul Crawley
- Gilly Brown
- Lauren Riley and
- Jubriel Hanid.

A Trip to the Seaside



Not having quite such a vibrant atmosphere as its close neighbours, you could describe Littlehampton has having a bit of a sleepy seaside vibe. The area around the seafront is also as flat as your hat and so ideal for a 10k, which is what I think members Sharon Wheeler and James Welbury must have thought. This year's event coincided with a lovely sunny day to make things even better.

Great running by Sharon and James knocking it off in 1:06:30 and 1:12:23respectively.



I Don't Mind IF I Do (Hic!)



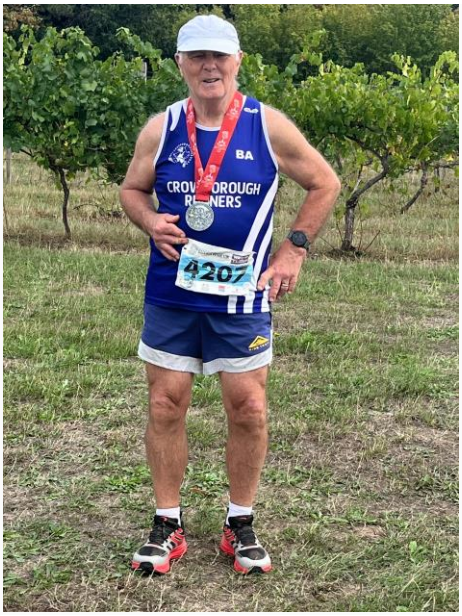
The Bacchus Wine Half Marathon & 10K is a unique blend of running, wine tasting, and entertainment that this year took place on 13th September 2026.

This was my first time running the 10k and when I arrived, I have to say I felt distinctly underdress. Not because of the heat, as it was glorious day, but I soon realised that I should have found some time to go through my dressing up box before I left. Enjoying the festival atmosphere were centurions, men and ladies sporting an assortment of togas and other costumes, in line with the theme of the event, roman all over the place.

It was at the start that the party atmosphere faded a little as we all contemplated the course ahead, as we could see we would be required to negotiate some very steep hills, and I mean steep! Not to worry though there was the chance to revive the spirits and rejoin the party with a couple of wine stations, or water if you preferred, strategically place along the way.

Thankfully, the last part of the course was all downhill and at the finish, in place of the customary tea and cake, was a burger and glass of wine. How civilised I thought.

Not my fastest 10k but coming home in 1:19:56 I didn't think was too bad under the circumstances.



“To Run or Not to Run? That is the Question”.



Once home to Shakespearean theatre, *The Theatre*, which was built in Shoreditch in 1576, i.e. before the Globe Theatre opened across the Thames in Southwark in 1599, Shoreditch is now better known for its street art, independent shops, trendy restaurants, nightlife and creative industries and now its half-marathon, with 2026 being its inaugural year.

I have discovered that the course of the half-marathon, starting in Shoreditch Park, is an interesting one, taking runners through several different neighbourhoods of East London. It has also been designed to be a fast and flat course, making it appealing to runners hoping for a personal best.

Competing in this year’ half-marathon and no doubt enjoying the delights of the post-race festival, with its live music and street food, was member Sioni Williams who finished in 1:57:03.

Well done, Sioni. Great running

"If you take the High Road and I'll.....”



This year's Loch Ness marathon was a great day for everyone involved with about 5,500 runners taking part.

Since the first event took place in 2002, the event has increased in popularity now attracting international runners travelling from a host of different countries around the world.

The race starts near Fort Augustus and follows the south-eastern shore of Loch Ness before finishing in Inverness and along the way runners experience views of the loch, surrounding mountains and Highland countryside.

Amongst those taking part was our own James Shaw-Hamilton who writes:

“I represented the Crows at the Loch Ness marathon. It was a treat to start in the mist in the hills, sent off by a Scottish Pipe Band, and then run along Loch Ness.

Cold & wet but amazing scenery. With impressive logistics, with 6000 runners travelling by coach to the far end of Loch Ness (lovely journey), then you run alongside the Loch on lanes rolling through woods, with the last 10 miles on a larger road.

I was glad for all the uphill training around Crowborough, particularly as there's a cheeky climb at about 19 miles.

I came 742nd.

During training I ran the same distance as home to Loch Ness, 600 odd miles.”

James came home in 3:49:08.

I must just say that if you are intending on running it at some time in future, you might like to contemplate as you gaze across the loch that it has been calculated that the volume of water in there is that of the current world population times ten.



Stepping Outside the Running Comfort Zone

Last month we introduced you to the delights of the Deadly Dozen. This month, for the not fainthearted, we bring you GYMRACE.

GYMRACE brings all the high-octane buzz of elite competition, but swaps ego flexing for fire vibes, fist bumps, and the sweatiest finish-line photos you've ever seen. Someone who has become involved in the sport is member Ian Balmer.

Ian writes:

"Over the last nine months, I've delved a little deeper into the world of hybrid training, combining running with strength and functional fitness.

That's seen me compete in a couple of HYROX events as part of a doubles team, but more recently I decided to see what I could do on my own.

I took on my first solo GYMRACE at Drumsheds in London recently.

GYMRACE is a pretty brutal combination of running and functional fitness. It's five 1 km runs broken up by demanding workout stations, including sled pushes, wall balls, rowing, SkiErg, kettlebell swings, farmer's carry lunges, BikeErg and burpee broad jumps.

The idea sounds simple enough: run hard, then immediately ask your legs and lungs to do something completely different before heading back out for another kilometre.

For anyone who enjoys running and fancies trying something a little different, I'd definitely recommend giving a HYROX, GYMRACE or similar hybrid event a go."



Well done, Ian. Great effort.

Parkrun Round Up

It's never too far to go for a Parkrun and when your away you can usually find one close to hand, so it's always best to pack you running shoes just in case. The following are just some of the locations visited by our members.

The prize for travelling the furthest goes to James Welbury who travelled to Norway. It was a course he tells me that was around a beautiful lake for 2 miles, then a big hill going up 65 metres to an old lighthouse in a Norwegian Wood.


parkrun
Stavanger


parkrun
Poole


parkrun
Dover
Waterfront


parkrun
Abbot's
Wood


parkrun
Mote Park
50th
500th

Club Matters

Crowborough 5k and 10k Races – 1st November 2026

In case you were wondering, it's certainly not too late to volunteer for the Club's races on the 1st November 2026.

At the last count we were still short of volunteers to help out on the day, be it helping with catering for the hungry horde, registration or marshalling around the course.

Trust me, you will be over and done in time for Sunday lunch.

A huge thank you from Lisa and the team if you have already volunteered and the marshalling schedule will be going out shortly.

If you can spare the time, please drop a line to lisa.herbert@infinitygroup.co.uk.

Remembrance Sunday Run – 8th November 2026

I am delighted to say that the Club has been invited to lay a wreath at the Airmans' Grave on the Ashdown Forest again this year.

I had the honour of representing the Club at the ceremony last year. A very simple, informal gathering of not only run clubs in the area but people just out for walk, families, dog walkers and horse riders, who seem to spring from everywhere just before the ceremony starts.

The run to the grave is organised by Tunbridge Wells Harriers and you can either join the longer run starting and finishing at St John's carpark in Crowborough, or the shorter run from and to Gills Lap carpark.

If you like to combine this with your normal Sunday run, please sign up on SPOND.

Well, that's it for this month.

I hope you enjoyed finding out what your fellow members have been up to during the month and if you have enjoyed participating in a event and would like to share your experiences with your fellow members, I am, as always, eager to hear from you.

Bob