



Crowborough Runners

Club Update July 2024

Bewl 15 2024



For those that don't know, the Bewl 15 mile race is run largely off road on pretty, gently undulating hills around Bewl Water, which nestles on the border of Sussex and Kent. Oh, and it can be described as challenging by the way.

Now there is nothing like a gentle amble around Bewl Water to enjoy the delights of a lovely summer day. For those that took part in the race on 7th July it was nothing like a lovely sunny day. It was a typical English summer day. Torrential rain at the start, which caused the conditions to become soft and boggy, with all the joys that that can bring, with it only starting to clear up at the road section. Still there was a pot of gold, or rather cake, at the end of the rainbow, or at the finish.

As you know, any Crowborough Runner will tell you that these conditions are only character-building and huge congratulations to those that made it round, who were:

Jonathan Rafferty	1:46:57
John Everest	2:17:11
Scott Werner	2:38:55
Sarah Cooper	2:58:09



Also, huge congratulations to Wadhurst Runners, who despite the conditions, did an amazing job.

Phoenix 10k



By contract, the Phoenix 10k is an out-and-back course that is flat and fast. PB territory. Starting at Hove Lawns the race runs west towards Shoreham on the promenade. After Hove Lagoon, the course meets Basin Road South and then it's on to Shoreham Docks where after

5k you turn and head back the way you came. Not the most picturesque of courses, but you can't have everything I suppose.

Another contrast was that the evening of the 17th July was a real scorcher, with the temperature hitting the low 20 degrees at 7:30 at night, no less. Supposedly, there was a breeze, as it was along the seafront, but not so much as you would notice. Nevertheless, 6 game Crows turned up and gave a good showing as always. These were:

Ollie Welch	0:35:47
John Everest	0:47:32
Eileen Welch	0:49:50
Ron Cutbill	1:03:48
Bob Archer	1:06:46
Shirley Matthews	1:08:35





Again, huge congratulations to the Crows who took part and to Brighton Phoenix for an excellently run event.

In addition, the evening provided the opportunity to finally present Kirsty McDermott with her 2023 her 2023 Club Championship award.



Sussex Grand Prix 2024

There is now a short pause for the summer with this season's races kicking off again with the Hellingly 10k on 22nd September 2024. A perfect warm-up for the start on the cross-country season starting in October. Let's make this another memorable day for the Crows.