

The Crowborough Runner



May 2018



In this issue:

- The Harvey family rub shoulders with Olympians
- Edinburgh marathon pb for Sarah
- SDWR update before the big event this Saturday
- A trip down memory lane with Elaine

Next issue end June, send me all your reports by 26 June please. mary.nightingale@hotmail.com

Brighton marathon - Becky Pettit and Terry Harvey

Sorry I missed Terry and Becky from last month's issue:

Becky "I did Brighton Marathon as well (my first club is Uckfield) - my first Road Marathon having been Beachy last year. I was really pleased with 4.55. Of course now I feel I need to do another to chase a 4.30 something! "

And: Terry Harvey: 5:46:14

Hastings 5 Miles

Ollie "Lovely race, great turnout it started off cold but soon warmed up. Few pb's for the crows, great toilet facilities which is my main priority, never take notice of "out of order" signs, if you got to go then you got to go. *(Thanks for that Ollie!!)*. Great crowds at the start and finish"



It was personal bests all round from the Crows at Hastings 5 mile, a fast SGP, seafront race. Ollie Welch was first in for the club with Eileen taking 4th in her age category:

Ollie Welch 30.45; Lewis Clarke 34.11; Tony Lavender 34.29; Chris Ashby 35.08; Toby Whitehorn 35.12; Vicki Whitehorn 38.07; Eileen Welch 38.39; Sally McCleverty 39.56.

[Gatwick 5 k](#)

Thought you might like to see details of a great race Terry and I attended this morning. It was a 5k run at the Run Gatwick event. Lovely course and lots of support and a bonus to meet 3 Olympic champions!! Sally Gunnell, Colin Jackson and Iwan Thomas, who also ran with us!

I finished in 22:50 and 3rd in my age group of 105 WV40, and Terry finished in 23:28 and 8th out of 45 MV50.

Claire.

[Riverside 10k](#)



A Crowborough four ran the new (slightly over distance) Riverside 10k along the towpath from Maidstone to Aylesford and back. Only 66ft of elevation and mainly straight with a few wee 90 degree bends plus a few slippery areas. Lovely scenery (Picture taken near the start.)

James. 53.41. Sharon. 54.12. Peter Maddison 57.17. John Tighe 57.35.

The Island Run

We spotted this cheeky little run by the coast and decided to give it a go. 10k (Claire) and 5k (Terry). We were both on course for PB's! Unfortunately course was a few hundred metres short which was very frustrating! However was a lovely run by the sea and Terry came 8th overall and 1st in his age group and Claire managed 3rd in her age group!



Hildenborough 5 Miles

On the hottest early May bank holiday since records began I ran the undulating Hildenborough 5 with Sharon. Must've been

about 27 degrees. Sharon was first lady in her age group in 46.58. I trotted round in 43.41. Nice course on quite country lanes.

[Horsham 10k](#)

This was an undulating 2-lap course on a very hot day, very enjoyable. Eileen.

Ollie 39.05 15th overall

Tony Lavazza Lavender 64th 44.05

Eileen 22nd Lady, 2nd in age group. 49.04

Total of 417 runners



[Edinburgh Marathon 27 May 2018:](#)

Race Report from Sarah Hilliard

I entered this race last year on a whim despite some feedback from other Club Runners who had endured both heatwave and cold wet conditions on separate occasions. We were due to be in Edinburgh (my favourite UK city) that weekend anyway to collect daughter at end of her first year studies at University so

why not run a marathon as well I thought! Actually I needed a new running goal for 2018 and this fitted the bill. I have run London Marathon 2007(4h55m5s) 2009 (4h46m26s), Beachy Head 2008 & 2014 (5.42 & 6.48) and Brighton 2016. (4h53m29s).



In 2009 I suffered from 2x herniated discs in my lumbar back after the marathon, so since then have had to ease back into running and stretch and improve core fitness.

I trained from January onwards punctuated by a few ski holidays and wintry weather in UK and once I had completed Brighton Half Marathon in a fair time 2h04m in February I felt I could continue with long runs. The training was tough, as I wanted to run at my own pace on my own and without any pressure. But Tuesday track interval sessions helped my running fitness and Claire McLellan yoga was invaluable with strength and flexibility conditioning. Plus lots of walking, skiing and horse riding helped with overall fitness, so much easier now I am semi retired and not sat at a desk most of the time!

I loved the course, point to point route, starting in the city centre, then coastal and beachfront, turning inland and even off road for a mile or so, not congested in my start group of 4-4.5h, lots of support and I was helped by cool, foggy but windy conditions for all but last hour when it turned very hot just as the hard work started for me. But I kept a steady pace and was cheered on in final 1/4 mile by husband Nigel and Charlotte with student friends. I crossed finish line without walking any of the course.

Some undulations in city and downhill to coast when mostly flat (hurray). And at sea level it's easier to breathe!

Very well organised and marshaled event. Lovely medal and nice finishers souvenir box with technical running t-shirt and cool and heat packs, running water bottle, a snack and electrolyte drink.

I loved it and got a PB! And I would do it again!

Times:

Full 26.2 Miles: 4h29m22s

Halfway 2h12m17s

30k 3h9m48s

Age category F 55-59 position 40th of 113 (I am 59 next Birthday!)

Overall 4761 of 7665 (?)

Highly Recommended race, now I want to find another marathon to enter. Any suggestions?

Sarah



Summer Pub Runs:

Wednesday 30th May – Run from Rose and Crown in Mayfield organised by Roger Stone

Wednesday 27th June – Run from Kings Arms in Rotherfield organised by Mary

Wednesday 25th July – Run from pub in Groombridge (?) organised by Russell

Wednesday 29th August – Run from Crow and Gate organised by Ollie and Eileen

AGM and BBQ

Dear Members,

The Club's AGM and Summer Party is being held on **Thursday 14th June at Barnsgate Manor. Arrive at 6pm for a 6.30pm start for the AGM.** This is your opportunity to raise any club related issues. This year, amongst other things, we will be discussing the forthcoming 2018/2019 cross country season so if you have run cross country races last season or are planning to do so in 2018/2019, please do come along and have your say. We will also be discussing the development of a new website for the Club, which hopefully will help improve communication. A full agenda for the AGM will be circulated nearer the date. **The BBQ paid for by the Club will start from 8pm onwards.** The Club will pay for the food but members buy their own drinks.

Please let either Sarah Hilliard or myself know by email if you will be coming by no later than Thursday 7th June so we can advise Barnsgate accordingly. Hope to see as many of you there as possible. Thanks

Regards

Swati

[IMPORTANT: Membership and GDPR reminder](#)

Just another reminder please for all who wish to renew their membership to do so asap or it would be very helpful if they email me to say if they do not wish to rejoin. To those who have paid but not completed a new application form, for GDPR purposes, please do so asap as it is a legal requirement of the club. Send to ron.crowboroughrunners@btinternet.com or bring it along to the AGM.

Thanks, Ron.

[South Downs Way Relay](#)



The South Downs Way Relay is fast approaching, Saturday 2nd June 2018. The team this year is Paul Bailey, Jamie Woolgar, Dave Potts, Natalie Welch, Oliver Welch & Eileen Welch (Captain). Driver is Ron Cutbill & Navigator/Co-Driver is Roger Stone.

Each year we help Marshal at Leg 3 Bo Peep car park and this year will be marshaled by Roger Nightingale, Mary Nightingale & Zoey Bailey. Thank you in advance for your help.

The South Downs Way Relay starts at Beachy Head along the South Downs Way to Winchester with an approximate total of 100 miles covered. Each team consists of 6 runners and each member has to complete 3 legs each. Please see below who is doing which leg, the miles they will be covering and grading.

E - easy, S - steady & H - hard. Having run a majority of the legs, easy is not as easy as you may think!

If you think you would like to know more about the race or would like to put your name forward for the team 2019 you can e-mail eileen336@btinternet.com

Or: why not come along to support the team at one of the checkpoints below.

Legs	Runner	Miles	Grade	Location
1	Paul	6.25	H	Beachy Head to Exceat via Birling Gap
2	Ollie	5.5	H	Exceat to Bo Peep via Alfriston
3	Eileen	4.5	E	Bo Peep to Itford Farm
4	Jamie	7.5	H	Itford Farm to A27 lay by North Side
5	Dave	5	H	A27 to Ditchling Beacon
6	Nat	5	S	Ditchling Beacon to Saddlescombe
7	Ollie	5.25	S	Saddlescombe to A283 East of River Adur
8	Eileen	6	H	A283 to Washington South
9	Paul	4.5	S	Washington South to Springhead Hill
10	Dave	3.75	E	Springhead Hill to Houghton Lane
11	Jamie	5.25	H	Houghton Lane to A285 Littleton Farm
12	Nat	5.25	S	A285 Littleton Farm to A286 Hill Barn
13	Ollie	6.25	H	A286 Hill Barn to Harting Hill car park
14	Paul	5.5	S	Harting Hill car park to Queen Elizabeth Country

				Park
15	Jamie	4	E	Queen Elizabeth Country Park to Sustainability Centre
16	Nat	4	E	Sustainability Centre to Old Winchester Hill car park
17	Dave	8	H	Old Winchester Hill car park to Holdon Farm
18	Eileen	5.5	E	Holdon Farm to Chilcombe sports ground
	Total	97		

A Jog Along Memory Lane (by Elaine)



There's a couple of old copies of the format of how the newsletter used to be with some interesting results for the marathon; the photos of the group are the marathon runners for that year and we all ran for help the handicapped holidays. Back then we always used to choose a particular charity to support and all the runners doing the marathon would run for them. We often had quite a lot getting places regularly



Bryony and Grant didn't have much choice as children to come with Russell and I to all the local races and they have very fond memories of most weekends packing up a picnic and off on an adventure.



As soon as they were old enough they took part in the Phoenix races with Bryony being the youngest ever entrant, just, I think, two years old.

Grant always used to have a challenge at this race with Russell's friend Nigel's daughter competing each year to see which one could win the trophy that we presented between them.

Great North Swim:
Theo

I have been missing the running over the last 8 months and decided to have a go at swimming instead to try and keep fit. After losing my friend to breast cancer last October I wanted to set myself a

challenge and raise a little money for Macmillan whose nurses were a great support to her. Sharon first introduced me to open water swimming and once I got used to it I loved it, so entering The Great North Swim seemed like the perfect challenge. I am swimming the 1mile in Windermere on the **9th June** and if anyone would like to sponsor me my Just Giving page is:



<https://www.justgiving.com/fundraising/Theodora-Stewart>



[Virgin London Marathon 2019 sponsorship: Ollie Welch](#)

The charity "Whizz-Kidz" is very close to our hearts. My daughter Emma was diagnosed with Cerebral Palsy Spastic Quadriplegia at 9 months old. Emma was born 12 weeks premature weighing 1lb 14 oz.



She has grown up to become a very happy young lady who has overcome many obstacles. Due to Emma's dislocating hips, she has never been able to walk and has been wheelchair bound all her life. When Emma was 6 years old we approached "Whizz-Kidz" to find out if they were able to help her become more independent by moving herself around. After a few consultations it was agreed they would provide a powered wheelchair, which she would be able to operate using switches to move her. This has changed her life dramatically and has enabled her to gain confidence and pride in herself for having her own independence.

The reason I have chosen "Whizz-Kids" as my charity to run for is to hopefully give back what Emma has been given to reach her goal, also to give other young children the ability to get their independence. Thank you for taking your time to read this and hope you feel able to give a donation. Many thanks, Ollie.



Help Oliver change the world! Make a donation now.

https://uk.virginmoneygiving.com/OliverWelch/1?utm_source=messenger&utm_medium=organic&utm_campaign=fundraiser&utm_term=socialshare&utm_content=fundriasingpage

[Ready, Steady, it's the Fermor Fitness 5k and 10k!](#)

Sunday 8th July, starting at 9am at Sir Henry Fermor School.

Everyone welcome, whether you want to compete for your PB or walk with a friend. It's all for an amazing cause, to raise

money for Sir Henry Fermor School. With funding for primary schools increasingly in the media spotlight, everyone knows that times are more challenging than ever. The Friends of Fermor School are constantly seeking innovative ways to raise much needed funds, whilst bringing joy to the community too.

Fermor parent, Alex Taylor, has created a fabulous exercise class, Fermor Fitness. A couple of times a week, her and her husband host fun fitness classes, suitable for all levels. Classes are run on a donations basis and have already raised over £600 to help provide inspiring resources and experiences for the children of Fermor School. Based on the success of this, Alex decided to create The Fermor Fitness 5 or 10k, with all entry fees and sponsorship going directly to the school. Over 200 people have already shown an interest in taking part, but The Friends of Fermor would like to make it an even bigger event. Anyone is welcome to join; entry is just £10 per person.

<https://mydonate.bt.com/events/fermorfitnessfivetenk/455703#.WpK9QFRzOpw.facebook>. Additional sponsorship is also very welcome!

[CR Club Forum](#)

Here you can find details of upcoming runs and other useful information. Access the forum via the [Crowborough Runners](#) site. Password goldsmith. (**Note: all lower case**)

[Run Together website link](#)

<https://groups.runtogether.co.uk/CrowboroughRunners> . We have a web site for the Monday Beginners on the Run England web pages so anyone wishing to start can look at this site, which will give information about the Beginners group and what sessions are on etc.

WHAT WE DO TOGETHER

Our weekly events, “rain or shine” ...

Beginner Mondays: Every Monday night (Goldsmiths track, 7pm start)

Tuesday Night Training: Every Tuesday 18:30 p.m. (interval /speed training at Goldsmiths track)

Wednesday night club run: Leaving from Goldsmiths Leisure Centre 19:15 easy pace/ 19:20 middle pace / 19:30 the chasing group/late arrivals!

Thursday evening new club run: Around 6 miles, leaving 7.30pm, varied routes publicised in advance to anyone who signs up as interested. Contact Eileen and Ollie Welch for more info.

Saturday Park Run (Tunbridge Wells, free. 5k) Usually some Crows do this. 9am Dunorlan Park. Register on line with Park Runs, print off your personal bar code and come along for a friendly, no pressure race.

Sunday Club runs: Often take place at 08:30 a.m. Goldsmiths Leisure Centre, coffee at 10am. Please check first. You can use the club’s Forum site to post suggestions for runs and invite others to join you.

Hi visibility vests and flashers when it is dark for the Wednesday runs (can be bought cheaply from Kevin/Sharon)

SGP (Sussex Grand Prix) - contact Eileen and Ollie Welch. Links to clubs entry forms on SGP website www.sussexgrandprix.co.uk Most races can be entered via www.runnersworld.co.uk (small charge applies).

East Sussex Cross Country contact: Bryan Tapsell. Website at www.eastsussexcrosscountry.co.uk

Crowborough Runners Committee:

Secretary	Swati	Patel
Cross Country Manager	Bryan	Tapsell
Development Officer	James	Welbury
Chairman	John	Tighe
Child Protection & Welfare Manager	Swati	Patel
10K Director	Sue	Newman
Road Race Managers and SGP	Eileen & Ollie	Welch
Membership Secretary	Ron	Cutbill
Treasurer	Sarah	Hilliard
Club Captain	Sharon	Wheeler
Newsletter Editor	Mary	Nightingale
Social Secretary	Vacant	post
Press Officer	Mary	Nightingale

HOW CAN I HELP CROW RUNNERS?

In case you were wondering:

- Organise a **Sunday Club run**
- Help the **Juniors**
- Help out at the **10k**
- Help out at our **Cross Country Event**

- Host a Sunday run from your house
- Write an article** for the Newsletter
- Volunteer for a post at the **AGM**
- Recruit a **new member**
- Run a **Cross Country race** as a Crowborough Runner
- Run an **SGP race** as a Crowborough Runner
- Become a volunteer coach

Caption Comp:

