

# The Crowborough Runner



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June 2018

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*May pub run, Rose and Crown Mayfield – thanks Roger Stone, lovely scenic route and a great turnout*

## In this issue:

- Runners have been out and about racing all over the country from Staplehurst to Skye, Dorking to deepest Cumbria
- Tony Lavender and Chris Ashby did well at hot Heathfield
- Changes to the XC team, a new club chairman and social secs.

Next issue end July, send me all your reports by 26 July please.

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## Dorking 10 miles



Dorking Ten miler. June 10th.

James W. 1: 32.58

Sharon W 1:37.43

John Tighe 1.41.20

Peter Maddison 1.41.20

Tonbridge Park Run. Sat 16th June.

Ollie Welch.18:46 on

Chris Ashby. 20:50

Tony Lavender 22;20

Eileen Welch 25.04

James Welbury 25.57

John Tighe 28:00

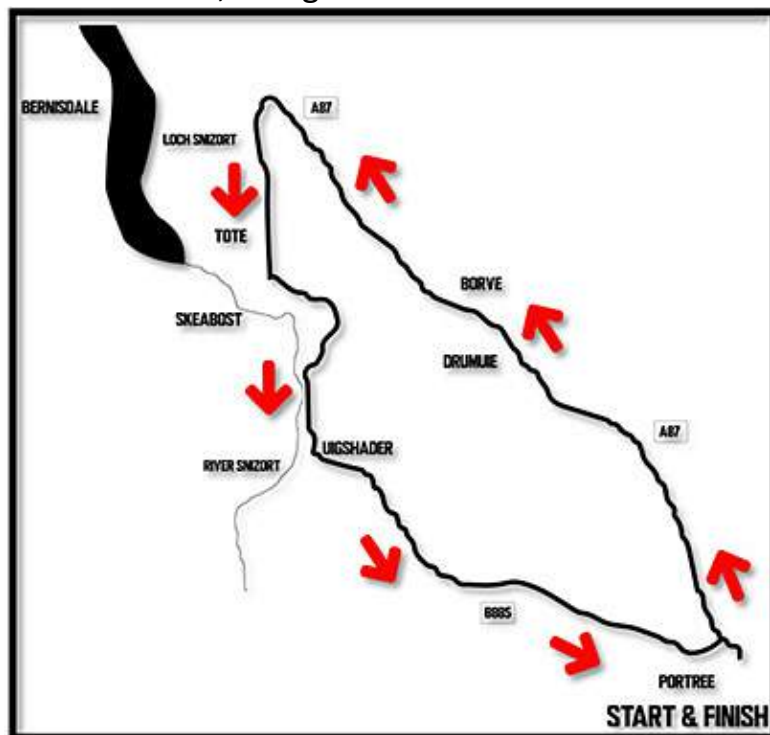
Dominique Welbury 36:34 (3rd FV60)

## Isle of Skye Half marathon (746ft of ascent). Saturday, June 9th

First past the post or proportional representation?

The Skye half was certainly a VERY tough one with over 750 feet of ascent through the course which you can see on the T shirt print below but its' a very scenic route with closed roads and a friendly atmosphere for the 1000 runners who turned out on a very warm day (over 20 degrees and partly sunny - yes in Scotland - with no rain!)

I joined Jackie Campbell, one of our former runners who emigrated to north of the border, along with some of her Club mates.



From the start there is a steep climb out of Portree for about three miles then a nice long straight heading north before turning back to Portree on narrow country lanes with hills from 6 all the way to 12 plus lots of cattle grids to jump over. Jackie went past me just after two miles but I kept her in sight catching her at 12 miles then storming down the hill to beat her over the finish line (or so I thought). Jackie messaged me later to point out that her chip time was 1 second faster than mine (if only I'd put my left foot over the line with my chip on first!). I'm going for " first past the post" is best.



We were all handed a T shirt, a string bag, water and bananas plus a welcome botte of the local brew, a Skye young pretender beer. Not a run for the faint hearted and be prepared to get covered in midges.

Fancy a run in the Hebrides? There are five half marathons in the Hebredean challange and to qualify for a prize you need to do at least three in any one year.

The races are:

Barra, Skye ( I've done both), and then Benbecula, Stornaway and Harris - see <https://srac.org.uk/heb3/> ( and lads, you don't have to wear a kilt....) As Charlie Crocker once said "hang on lads, I've got a great idea" ( which could be to fly to Stornaway next summer, do the half there one Saturday, jump on the Postie's minibus down past North Uist to Benbecula to do the



second half the following Saturday wind permitting..... )

JACKIE - 2:00:13; JAMES - 2:00:14 ! (*yay Jackie, go girl!!*)

### Staplehurst 10km

Sunday 10th June; Race report by Bob Cook

I contacted Steve Bolton on Saturday to see if he was up for company on a long slow distance Sunday run. Steve had already signed up for this 10km and suggested I consider it. With a little encouragement from my family I signed up for my first ever race.

The venue was easy to find with good parking facilities, and the local scout hut providing refreshments and ablutions near by.



The race course is flat with just a very gentle uphill section over mile



4-5, and is on open but mainly country roads in the Kent country side. Marshalling was good around all parts of the route and there were 3 water stations.

Steve was first home for the club in 42:17 (an improvement of 37 seconds on last year). I managed 43:19 and Jamie who concentrates on marathons and was doing this as a speed session ran 43:59 (a pb by over a minute).

A big thanks to Steve and Jamie for the encouragement and support, a really enjoyable first outing in club colours. Hope to do this again next year with more Crowborough runners.

### [South Downs Way Relay 2018](#)

Well done to this year's amazing team of 6 runners, Eileen, Nat, Ollie, Jamie, Dave and Paul. Ably supported by driver Ron and navigator Roger Stone. Why not give it a go yourself next year? It's a 100 mile team relay event, always on the 1<sup>st</sup> Saturday in June, starts Beachy Head, finishes Winchester, with the 18 stages being shared between 6 runners. All the info is on the SDWR website. A few pics to give you a flavour of the day:



## Heathfield 10k

Photo of us 4 Crows below taken by Kev at Heathfield 10k, 24 June.

Left to right:

Bob Archer; Tony Lavender; Sarah Hilliard; Chris Ashby



Tony Lavender 45:28 (3rd V2; 63rd of 290 finishers)

Chris Ashby 46:03 (3<sup>rd</sup> V4; 67th)

Bob Archer 1:01:13 (202nd)

Sarah Hilliard 1:01:38 (208th)

### 10 Peaks race

A 5am start for 32 miles of brutal hills up and down 10 of the tallest mountains in England in the Lake District, Cumbria. *(Or in your case 11 mountains? Really, were 10 not enough?)*

We all enjoyed the whole event specially running together, Dave navigated the whole way, he's the king of the mountains specially flying down the mountains. I tried to keep up but he's too good, my incline was OK. After the 3rd mountain I was already having doubts about actually completing 10 but Dave and Lawrence kept a positive mind, which, as the race went on, I became more positive (ish)

We went a bit off track and did an extra mountain, which was absolutely delightful, NOT! Err our hearts sank once we reached the very top of the wrong mountain lol. On a positive note they didn't charge us any extra.



I really struggled early on and actually was worried about Eileen completing it but she did it all. I was so relieved when I saw Eileen and Natalie finishing. Natalie and Eileen stuck together, good old Welch's fighting their way through 32 miles of pain, really proud of their achievement. Eileen thanks Natalie for sticking with her when she was struggling with her ankle. Natalie could have finished a lot quicker but stuck with Eileen until the end.



Would we do it again? ?????????????? Erm

Next race Bewl 15, can't wait.

Boys came 16th together: 10hr 42 min

Ollie welch

Dave Potts

Lawrence ..

Girls came 48th together: 13hr 49 min

Eileen Welch

Natalie Welch

109 runners in total, 19 didn't complete.





*That's not much of a peak Ollie, what a lot of fuss.....*

### Monday night Mile times

Some times from a wee mile time trial on Monday including some very new beginners:

Tegan Roberts	07:20
Chris Ashby	05:59
Sammy Fee	08:04
Llyndsay Black	08:27
Mary Down	08:28
Ceri Cook	09:11
Caroline Wilson	10:12
Marisa J	10:57
Claire Stafford	11:24

Clearly Mr Ashby is not a newbie

### Save The Date : Saturday 15th September 2018

Crowborough Runners 5k Handicap Run

Exciting new format!

Location: Crowborough Running Track start & finish, 2 Laps of undulating course around perimeter of Goldsmiths Leisure Park.

Start Time: 11am onward  
Refreshments afterwards  
Race Organisers: Sarah Hilliard & Maggi Bradgate  
Entry is free!  
Open to adults and juniors  
More information to follow separately in July & next newsletter.

Sarah

## Club AGM

### Committee changes

Two new posts were filled on the Committee and one made official: Lyndsay Black and Yulia Francis are joint social secretary and, following John Tighje's resignation earlier in the year the new acting chairman is Kevin Battell.

Sue Newman's appointment as 10K race director has been ratified.

**Trophies** were presented as follows:

Best Male in the Cross Country – Pete Woodward

Best female in the Cross Country – Natalie Welch and Eileen Welch  
(Joint Winners)

Most Improved Runner – Chris Ashby

Services to the Club Award – Sid Smith for his many years of service to the Club in coaching the Tuesday evening track sessions throughout the year.

Captains Cup – Awarded to Sarah Hilliard for her many services to the Club including helping with beginners and her work on the 10K Committee as well as her role as Club Treasurer

*Well done to all the trophy winners, and well deserved.*

### Changes to the Cross Country team, 2018-2019

At the Crowborough Runners AGM, there was a discussion and vote on the proposal of separating from the joint team of Crowborough Runners/Wadhurst runners in the Sunday Cross Country League. It was decided that we would separate and compete as a sole team at the next cross country season.

## Sponsorship request

Dear Runners

I am cycling the Prudential 100 miles on 29 July 2018 in memory of my dear brother Dave on behalf of St. Christopher's Hospice. Should you wish to donate please visit:

<https://uk.virginmoneygiving.com/IanGowing>

Your support is very much appreciated.

Thank you, Ian Gowing.

So important to warm up dynamically not statically before running!

## 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**)

## Track warm ups

Ever wondered what happens on a Monday night? Here is Sharon putting some new runners or recovering from injury runners or just some looking for a gentle training session, through their paces, getting nicely warmed up and, in the words of James: “ So important to warm up dynamically not statically before running!”



[Run Together website link](https://groups.runtogether.co.uk/CrowboroughRunners)  
<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](http://www.sussexgrandprix.co.uk) Most races can be entered via [www.runnersworld.co.uk](http://www.runnersworld.co.uk) (small charge applies).

**East Sussex Cross Country** contact: Bryan Tapsell. Website at [www.eastsussexcrosscountry.co.uk](http://www.eastsussexcrosscountry.co.uk)

**Crowborough Runners Committee:**

Secretary	Swati	Patel
Cross Country Manager	Bryan	Tapsell
Development Officer	James	Welbury
Acting Chairman	Kevin	Battell
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	Lindsay	Black & Yulia Francis
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:

Last month:



James: "When you gotta go, you just gotta go....."

Bryan: "It wasn't easy! But Anna successfully completes her toughest challenge yet, in muddy shoe avoidance."

And: "BRY-AN!"

This month:

