

The seventeenth annual Tunbridge Wells Harriers Club Cross Country Championship took place on Saturday 19th March at 10am in Hargate Forest. Conditions were good given the recent frosts, with the sun peeking out at times and it staying dry throughout the race. The same could not be said of the course, battered by rain over the past few months leaving a lot of standing (or running) water around the foot-deep 'canal corner' and muddy conditions along the bottom of the 3x1.8 mile course.  
[\(Example conditions shown here\)](#)

Numbers were up this year, echoing some good turnouts at the Kent XC League, with 23 harriers competing. Newcomer Sam Begg beat the usual victor Chairman Andy Howey, with some good fights between Chaig Chapman (1st M40) and Alex Jeffries and myself and Terry Everest.

The ladies and F45 trophy was taken this year by Jillian Holford, with Carol Tsang and Lucille Joannes again taking the F35 and F55 trophies respectively. Bryon "Spud" Taylor took the M70 prize in the 2-lap event.

Thanks to everyone who came along, Andy Howey for setting up and clearing down the course, chief photographer Simon Holford and Tess for acting as timekeeper and jotting down the results. Thanks as always to the Woodland Trust for their support and allowing us to use the forest for the event.

Photos are here

<http://photos.twharriers.org.uk/Races/Cross-Country/Club-XC-Champs-2016/>

<b>Place</b>	<b>Name</b>	<b>Gun Time</b>	<b>Chip Time</b>	
1	Sam Begg	34:05:00	34:05:00	1st Senior Male
2	Andy Howey	34:30:00	34:30:00	1st M50
3	Craig Chapman	35:47:00	35:47:00	1st M40
4	Alex Jeffries	35:52:00	35:52:00	
5	Edward Steele	37:12:00	37:12:00	
6	Terry Everest	37:37:00	37:37:00	
7	Tom Wooley	38:38:00	38:38:00	
8	Saul Harris	40:13:00	40:13:00	
9	Simon Whitaker	40:48:00	40:48:00	
10	Simon Howden	41:18:00	41:18:00	
11	Neil Clark	44:01:00	44:01:00	
12	Jillian Holford	44:49:00	44:49:00	1st Senior Woman / F45
13	Mark Taylor	45:06:00	45:06:00	1st M60
14	Cathy Gill	45:52:00	45:52:00	
15	Duncan Ralph	48:19:00	48:19:00	
16	Derek Harrison	49:28:00	49:28:00	
17	Carol Tsang	50:15:00	50:15:00	1st F35
18	Peter Richardson	50:30:00	50:30:00	
19	Nick Pearce	53:48:00	53:48:00	
20	Phil Long	56:15:00	56:15:00	
21	Lucille Joannes	58:35:00	58:35:00	1st F55
22	Jonathan Rickards	59:53:00	59:53:00	
1	Bryon 'Spud' Taylor	60:20:00	60:20:00	1st M70

No more XC for the season, unless you want to join myself on some silly fell running ventures!