

THE DECKCHAIR - 2019 issue 3



Welcome to the latest issue of The Deckchair. We resisted the call to change the name to 'The Cashew Nut' after the visit to the club by Dame Kelly Holmes (you needed to be there!) and this month's edition focuses on the results from some of the annual activities within the club, resulting in awards and trophies.

If anyone wants race reports or other news submitting to the local press, please send by close of business any Monday to Andrew at adeighsk@gmail.com (same contact for any content for future newsletters too).

Thank you!

Andrew Deighton & Maria Gandara

AN EVENING WITH DAME KELLY HOLMES

At the weekly club night on Wednesday 20th March, over 100 members joined for an evening by double Olympic champion, Dame Kelly Holmes.

Dame Kelly joined the weekly club run – a shorter than usual forty minute bottle run – before spending the rest of the evening sharing experiences from her career, words of wisdom and encouragement, then over an hour signing copies of her new book – Running Life: Mindset, fitness and nutrition for

positive wellbeing – as well as posing for numerous selfies.



In the Q&A Dame Kelly covered topics as diverse as her pre-race superstitions, post-race recovery, cross training, coaching & mentoring, as well as the activities and passions in her post running career activities.

Many thanks go to Peter and Stella Richardson, for their efforts to bring Dame Kelly along to the club for a memorable and enjoyable evening.

STOP PRESS:

Congratulations to Billy Hobbs for a new club record set at the Paddock Wood half marathon (1:09:21) on 7th April.

Harriers annual party & awards

The Annual Party on 23 March at the Vittle & Swig on Camden Road was a huge success.

We ate, drank and made merry, dancing into the night with Steve 'Cherry' Wellstead's fantastic band.

The Club's silverware was handed out to the many harriers who have achieved great things for the club and/or personally over the previous year and a great time was had by all.



As part of the Annual Party, the annual club awards were made, following voting over the previous two days.

THE BOB WHYTE TROPHY – for athletic achievement

Craig Chapman, with 50% of the vote for becoming the first harrier to complete the 6 World Marathon Majors

THE CATH HULME MEN'S TROPHY – for athletic excellence

Billy Hobbs, with 50% of the votes. 1st U20 man and 9th overall in Kent County Cross Country Championships; 1st senior man and 1st team in Eridge Park 10; 2nd overall and 2nd team in Tunbridge Wells Half Marathon, plus many other noticeable placings throughout the year.

2nd Andy Howey 3rd Kieran Fitzpatrick

THE CATH HULME WOMEN'S TROPHY – for athletic excellence

Harriet Woolley, with 52% of the vote. Three club senior records at mile, 5k and 10 miles; selected to run for Kent in the South of England Inter Counties Cross Country Champs; 1st

overall (of 249) in the Kent Road Running Grand Prix plus many other notable placings in races throughout the year.

2nd Hayley Larkin 3rd Michele Bradshaw/Stella Richardson

THE DAVID ABBOTT MEN'S TROPHY – for cross country running

Andy Howey - 1st M55 in South of England Masters Cross Country Championships, 1st M55 in South of the Thames Cross Country Association Championships; 1st M50/M55 in Kent Cross Country League final standings and 4th of all masters cats (of 236); 3rd M50/1st M55 in Kent Masters Cross Country Championships; 1st M55 in Kent Cross Country Championships;

2nd Peter Richardson 3rd Steve Austin

THE DAVID ABBOTT WOMEN'S TROPHY – for cross country running

Jillian Holford - 2nd F35 team in Kent Masters Cross Country Championships; 1st TWH in Kent Cross Country Championships & South of England Cross Country Championships

2nd Michele Bradshaw 3rd Harriet Woolley

THE JIM SIMMONS VETERANS TROPHY – for achievement in masters' athletics

Michele Bradshaw – Five club F55 records at mile (twice), 5k and 10k (twice); 1st F60, 2nd F55 in Kent Cross Country League final standings; 1st F60 in Kent Cross Country Championships

2nd Andy Howey 3rd Mark Taylor

MIKE THURGOOD SALVER – for club runner of the year

1st Andy Howey – 35 races, 12 club records, 1 age group PB

2nd Carol Tsang – 22 races

3rd Harriet Woolley – 27 races, 3 club records, 5 PBs

THE CLUB GRAND PRIX TROPHY

Andy Howey, with an age grade score of 87.39 from 7 events (special mention to Craig Chapman, who has finished in the top 4 for the last 4 years)

2nd Craig Chapman 3rd Geoff Turner

THE SPELDHURST TROPHY – for the club summer handicap

Dominic Taylor-Langley – ran a PB every month, thwarting David's ability to handicap him !

2nd Jon Southworth 3rd Jane Ryland

THE MOST IMPROVED CLUB RUNNER TROPHY – for the member who has made a significant improvement in their performances during the year

Sonja King - PBs at parkrun (by 30 secs), half marathon (by 4 mins) and marathon (by 14 mins, achieving a London Marathon GFA time).

2nd Carol Tsang 3rd Clare Andrew

Congratulations to all our winners and to everyone who took part in all the award categories. Full details of final positions in each award category with appropriate commentary can be found on the website.

CLUB NEWS

The 2019 AGM will take place at The Nevill on Wednesday 10th April at 7.30pm.

Notification was provided to all members by Lucille Joannes, by e-mail, on March 20th.

It would be great to have a similar attendance, to the recent Dame Kelly Holmes evening, as it is an important opportunity for members to share issues regarding the running of the club with the committee, or to confirm that things are on the right track.

There will be no formal club run on the night but the changing rooms will be open from 5.45pm, if you want to join with others for a short pre meeting run.

Current known vacancies are Men's Road Race Captain, Membership Team 'Meeter and Greeter' and the non-committee role of Equipment Secretary and of course, if there are other roles you are interested in, it doesn't need to be vacant to put yourself forward.

... and finally, just a reminder that attendance (or apologies given) is one of the criteria for allocating the club London Marathon guaranteed places for 2020.

UPCOMING RACE CALENDAR

1 May	Bedgebury Summer Series
5 May	East Grinstead 10m
6 May	Ted Pepper 10k, Bromley
12 May	Darent Valley 10k (KGP5)

KENT GRAND PRIX 2019

Standings after the first two races (Canterbury 10 and Deal Half Marathon) put the men's team in second place behind Orpington Road Runners and the women's team in third place, behind Maidstone Harriers and Orpington RR.

With results from the third event (Lydd 20) to add and then this month's Paddock Wood Half Marathon, it promises to be a tight contest heading into the summer months.

TUESDAY TRAINING SESSIONS

...will continue for now on the road (Wheatsheaf Way in Tonbridge) until after the round of spring marathons, so the first session on the grass at Tonbridge School will be on Tuesday 30th April.

Bluebell Run:

On Sunday 5th May at 9.30am from Harrison Rocks Car Park in Groombridge. This annual club event is a sociable outing in lovely countryside with three routes (short, medium & long) available. More information on the website in the events section.



FROM THE TWH ARCHIVES

The Tunbridge Wells Harriers Gazette and Club Chronicle, August 15th 1889
(Price to non members, 1d post free)

Notice!

The Annual General Meeting is fixed for August 20th at the Pump Room at 8.30pm. (*The Pump Room, which dated back to 1877, was on the site of the recently demolished Union House, at the end of the Pantiles, which controversially replaced the Pump Room in the 1960s*)

It is hoped that all who can, will turn up to assist in making any advisable alterations in the rules.

Members are asked to bring any friends likely to join the Club.



RACE REPORTS

LUB CROSS COUNTRY CHAMPIONSHIP 2019

The 20th annual TWH Club Cross Country Championship took place on Saturday 23rd March in Hargate Forest.

An early morning mist led to some pretty humid conditions for the 3 lap, 5.1 mile course, which was its typical mudbath in many parts, following the recent downpours.

Turnout was fantastic and the highest in years, likely helped by the kind words by James Sarre, or maybe there aren't so many marathon runners this year. Now if only we could attract more ladies and veteran men to make the competition tougher in the midfield!

Watching as a roaming photographer from a few different vantage points, there were a few chains of harriers winding their way around the course with the battle for the first few places settled by the third lap.

Andy Howey came head first over a too friendly and unrestrained dog, sadly for James not enough to eliminate him from the race this year with Andy taking 1st M50 and James 1st M40. After battling Jillian for most of the race George Harris pulled away on the final downhill to catch Alan Collard in a sprint, with Alan just inching ahead. Hayden Thirkell finally found the race start a mere 15 seconds after it started and subsequently got a standing ovation upon his return to the finish line. Nick Pierce turned up on time for the second year in a row, taking 1st M60 as Mark Taylor was timekeeping. The ladies prizes were unchallenged, with Jillian taking 1st F45 50 seconds faster than in last years' similar conditions and Sonja King taking 1st F35. M70 was then taken as customary by our own Spud Taylor.



Quite a few went head over heels, but finished in good spirits. After the wise words of Kelly Holmes, I served my latest fruitcake within 20 minutes and was sure to load it with nuts. It was even popular with another unrestrained dog that stuck its nose straight into it, denying JR the last slice.



Thanks to Andy for setup and to Nick Pierce, Mark Taylor and Simon Whittaker who helped clear up afterwards. Thanks also to Mark for timing and providing the clock – making it almost seem almost official.

As always, thanks to the Woodland Trust for their support and allowing us to use the forest for the event. Maybe we won't have so many suicidal dog walkers next year.

ROLL OF HONOUR

Senior Men	Andy Howey	2 nd James Sarre	3 rd Alex Holmes
M40	James Sarre		
M50	Andy Howey		
M60	Nick Pierce		
M70	Spud Taylor		
Senior Women	Jillian Holford	2 nd Sonja King	3 rd Ana-Maria Green
F35	Sonja King		
F45	Jillian Holford		
F55	Lucille Joannes		



CLUB ROAD RACE CHAMPIONSHIP 2019

The TWH Club Road Race took place on the usual course on Sunday 3rd March, with over twenty harriers competing in truly foul conditions.

Thanks to Bob for timekeeping.

ROLL OF HONOUR

Senior Men	Alex Jeffreys	2 nd Andy Howey	3 rd Keith Mitchell
M40	Keith Mitchell	2 nd Alex Holmes	3 rd Chris Potter
M50	Andy Howey	2 nd Martin Hobbs	3 rd Michael Russell
M60	Phil Long		
M70	Ian Bracken	2 nd Bryon Taylor	
Senior Women	Harriet Woolley	2 nd Jillian Holford	3 rd Carol Tsang
F35	Carol Tsang		
F45	Jillian Holford		
F55	Lucille Joannes		

MEMBER PROFILE : Michele Bradshaw



Still tops the UK F60 5k rankings, with her recent run of 22:04

Age Category: F60...just!

TWH Member since: 2017, although a fractured heel meant running didn't start until April 2018

Favourite race: All of them! 1 to 10 miles on the road and any cross country

Current running shoe brands: Glycerin and Asics Gel Nimbus for road races and parkrun. Innov8 Talon for cross country.

Running hero: Kipchoge Keino...got a medal in the men's 5000m at the Mexico Olympics in 1968, which was the first Olympics I can remember (many of you may not have even been born!)

Big races planned for 2019: Westminster Mile to start with

Muesli/yoghurt or Full English? Yoghurt and fresh fruit

Road or trail? Difficult one. I ran my first ever road race in May 2018 and then another debut in cross country in October 2018. I enjoyed all the racing, whatever the terrain and haven't done enough of either to be put off yet!

Trip to London or trip to the coast? Definitely the coast...I live 8 miles from Rye and spent many hours down near the harbour with my two boys, when they were little. Last summer I had a fabulous run from the harbour, down to the beach and then along to Winchelsea and looping round and back across the nature reserve, replenishing my energy with mountains of blackberries from the hedgerow.

Camden Road or The Pantiles? It has to be the Pantiles. My childhood memory of swishing through the fallen leaves on a crisp autumnal evening, just as daylight is fading, shops lighting up, were rekindled last autumn on one of the few Wednesday night club runs that I've been able to attend...it was magical.

Best running experience? I love it all!

The best thing about being a member of TWH is...all-round friendships. Team camaraderie at all the running events and especially cross country, being welcomed and supported as part of a team. Excellent coaching and a good variety of evening club events...just sorry that I can't get to more.

Brett Lydd 20 on Sunday March 10th

Having looked at the weather warnings and carefully considered the forecast, 13 Harriers decided that heading to Lydd was a great idea.

After a late start (for some unknown reason) we all set off head first into gale force winds. Although these winds did not subside for the entirety of the 20 mile course, the initial section was almost laughable.

Out in the open and vulnerable to the elements everyone was being blown this way and that.

There were a fair few bumps into others as the gusts took your legs out from underneath you and we had a cap casualty and Rose's flew off into a stream.

As tempting as it was to try to get the run over with, most of us were using the 20 as a chance for a training run for upcoming Spring marathons and so tried to not get ahead of ourselves, or get caught up in the half marathon runners who all started together.

As we all plodded along, avoiding the flying debris, the 20-mile runners took their right turn and let the half carry on straight.

After that turn, the real fun started. With some parts being sheltered with trees you would think that would provide some respite.

Unfortunately, this created more hazards as they were falling down around us! The race organisers did their absolute best to get chainsaws to the majority asap but I think this is the first run where I have had to crawl underneath a tree and hurdle(ish) over others! Not to mention the horizontal hail-like rain that, thankfully, lasted only a few minutes.

All in all, some really strong efforts for both races, given the conditions. A very flat (and would be fast minus the 40+mph winds) course and well organised from what I could see.

Would recommend with a better forecast!

Congratulations go to the ladies team who won First Ladies Team Prize (Gemma Stilliard, Nicola Morris and Hayley Larkin)!

RACE REPORTS

With a healthy number of race reports being submitted during the month of March, we're providing a brief summary, with more detailed race content available on the website.

Bedgebury 10 (March 3rd) 3 Harriers ran, with Kate Naylor landing the 2nd women prize, finishing 21st overall.

Tokyo Marathon Colin Ricketts made the long journey to represent TWH running 3:28:47, in his 5th World Marathon Major – so just one to go!

Steyping Stinger (March 3rd) Tara Taylor & Jon Hodge took part in this Cross Country Marathon from Worthing to Shoreham-by-Sea, no doubt tempted by the cooked breakfast included in race entry. Tara was first in age group in 4:26:04 and Jon was 120th overall in 4:56:44

Dartford Half Marathon TWH was represented by 2 harriers in this year's race, with Simon Allford posting 1:45 and Deborah Stamp 2:03

London Big Half (March 10th) 11 harriers ventured up to London for the second edition of this race, which is organised by London Marathon Events and is run over some of the marathon course, finishing at Cutty Sark. There were PBs for Alex Jeffreys in 1:18:04 and Harriet Woolley in 1:26:22

Sussex Coastal Trail Series (March 16th) Tara Taylor took on the marathon, finishing first in her age group in 4:44:43, with Mel Taylor – and Cassie their Irish terrier – completing the half marathon in 2:18:44

Sevenoaks 10k (March 17th) 5 harriers made the short trip to Knole Park for this race in beautiful muddy parkland, with a few deer thrown in for good measure. Matt Newman was first harrier home (50:05) and Laura Plane first of our women (56:48)

Victoria Park Half Marathon (March 17th) Kieran Fitzpatrick and his new £200 Nike Vaporfly 4% running shoes took on this race in preparation for the Manchester Marathon in April, with the outcome being a new three minute PB of 80:00. The full article on the website is well worth a read (posted March 18th)

Oundle 20 (March 17th) Hayley Larkin (2:41:06) and Ollie Smeed (2:47:28) ventured up to Northamptonshire for the 2nd running of this race through undulating but quiet country lanes and quaint stone built villages, which they recommend for a pre spring marathon.

Hastings Half Marathon (March 24th) On a course reckoned by Mike King to be the 'hilliest and hardest road half marathon I have run' 5 intrepid harriers took on the mean streets of Hastings. Mike was first harrier home (1:28:49) with Gemma Stilliard first women (1:41:19)

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