

THE DECKCHAIR

ISSUE 5 – 2019



INTRODUCTION

Welcome to the latest issue of The Deckchair.

It's been another busy month for the club, as the lighter nights and better weather (?) provide the opportunity to get off-road and enjoy some different running activities.

If anyone wants race reports or other news submitting to the local press, please could you post to the Google group, or send directly to Andrew at adeighsk@gmail.com by 11am any Monday morning.

Thank you,
Andrew Deighton

COMMITTEE AND CLUB NEWS

The first committee meeting since the AGM took place in May and several items raised there were discussed.

Headlines from the meeting are below:

- 10 new members were approved
- Wednesday 19th June is the cricket week, when we need to vacate the Nevill and a hash will be planned for that club evening
- It was agreed to continue with the evening talks on club nights throughout Autumn/Winter. If anyone has suggested topics or speakers, please let any committee member know
- Having considered the discussion at the AGM and various other factors, a decision was made to hold the club road race championships in Spring again next year. Date cannot be confirmed until Kent Grand Prix fixtures are announced
- Annual club awards will continue to be announced and presented at the annual party, with nominations published in plenty of time to encourage nominees to attend
- An award for Parkrun achievement will be introduced for next year, with criteria to be announced in advance, so members can aim for it if they wish
- The idea of the introduction of a TWH training top (probably technical T-shirt) is being pursued
- The introduction of a group of individuals to act as new member pacers, alongside meeter/greeter Rose Sawyer, is to be progressed as the solution to integrating new members more successfully at the Wednesday club run
- Promotion of the club and follow up with unattached runners, at our open events, will begin at the Eridge 10 in September

BLUEBELL RUN

This year's event took place on Sunday 5th May, with a turnout of c.25 Harriers, plus a few canine companions.

A thoroughly enjoyable morning, with multiple re-grouping stops, spectacular bluebells and an unexpected encounter with a herd of cows!



MARK TAYLOR BIRTHDAY HASH

There was a tremendous turnout for this year's run on Wednesday 15th May, which was Mark's actual birthday, and the 17th edition of his birthday hash.

The hash started and finished at The Windmill in Sevenoaks Weald and took in trails, fields, stiles and a few wrong turns along the way. Ed Steele had a 100% record in finding the wrong way and there was only one gobsmacked farmer, as the Harriers streamed passed her farm, causing her dogs to bark incessantly "there's hundreds of them... what the bloody hell is going on?"

Thanks again to Mark for his generosity with the post hash refreshments.



STOP PRESS:

This years summer BBQ will again kindly be hosted by David & Maria French on Sunday 4th August – more details to follow...

UPCOMING LOCAL RACE CALENDAR

2 June	Worthing 10K
5 June	Bedgebury 10K/5K
9 June	Staplehurst 10K
12 June	Club 10K Handicap – Race 2
16 June	Saxon Shore Half Marathon, Herne Bay
19 June	Bromley Midsummer Evening 10K
23 June	Heathfield Midsummer 10K
30 June	North Downs 30K (KGP)



KENT GRAND PRIX 2019

The latest event was the Darent Valley 10K held on Sunday 12th May.

There was a good turnout of 27 Harriers, with Andy Howey leading home the men in 11th place with a time of 37:04 and four others breaking 40 minutes, with Tobyn Young setting a PB of 39:37.

The women were led home by Cathy Gill, with a 44:13 PB and Jillian Holford, Hayley Larkin and Pru Clements right behind. There were also PBs for Gemma Stilliard (46:50) and Ana-Maria Green (47:50).

Honourable mention too for Dillon Hobbs, who finished 5th in 36:02.

Whilst the Harriers didn't take the team trophy on the day, both our teams team gained a small advantage over main rivals, Orpington Road Runners, in the Kent Grand Prix standings.

Current standings show us trailing Orpington in the mens event by 296 points and in the womens event by 15 points, but with it being the best 8 from 10 races to count, we have a great chance to overhaul this deficit in both competitions...we just need to have lots of our runners on the start line for the last five events.

In the individual standings, Keith Mitchell is now 4th overall (1st M40), Gemma Stilliard is up to 7th overall (and 3rd F35) with Hayley Larkin in 8th overall and Pru Clements 3rd F45 so great chances of silverware.

The next event is the North Downs 30k, takes place on Sunday 30th June and a strong turnout could prove decisive by the end of the season.

The remaining events are Sevenoaks 7 (July 14th) Dartford 10k (August 26th) Larkfield 10k (Sept 15th) Maidstone Half Marathon (October 13th).

SPOTLIGHT ON... PARKRUN

There has been quite a change in the local Parkrun scene in recent weeks, with a new race director at Dunorlan Park for the RTW event and two new additions in Peshurst (at Kingdom) and Uckfield.

So if an early Saturday morning 5k leg stretch is your thing and you've not already given them a try, here is a brief summary of the Parkrun offerings nearby.

Royal Tunbridge Wells (RTW)

Now into its 6th year, this two lap event offers a good challenge, with a variety of terrain, a couple of decent hills (plus the lung bursting finish), plenty of encouraging volunteers and it's definitely 100% in a park.

Tonbridge (4.5 miles from RTW)

I guess it's the big brother to RTW, with numbers regularly in excess of 600 participants. It's a single lap course, with the chance for good times as it's mostly flat, but there are a couple of narrow pinch points to be aware of.

Kingdom at Peshurst (5.7 miles from RTW)

This new event started at the end of April. It's a three lap course with a few twists and turns and even a couple of banked corners for the speedsters. Probably one of the best venues for post-run coffee or breakfast but get there early, as parking is a little limited.

Bedgebury Pinetum (8.3 miles from RTW)

Run on the undulating forest trails of the National Pinetum at Bedgebury, this event is in its fourth year and offers a good challenge, with a first kilometre that's mostly uphill, although you do descend as well! Lovely for early morning birdsong... and trees!

East Grinstead (12.3 miles from RTW)

One of the smaller local events, this Parkrun is now into its second year and has three laps (one small, two large) which take in fields, paths and wooded sections. It offers a warm welcome, with plenty of volunteers and regular themed events.

Uckfield (13.1 miles from RTW)

Another newbie, this event based from Uckfield Rugby Club is a single lap course, over terrain which is grazed by cows as much as walked by humans! Set up by students from the local college for their Duke of Edinburgh award, it's a good addition to the local scene.

With Malling (14.2) and Maidstone (14.8) also not too far to travel, we really are spoilt for choice (and if you are an early riser, there is also the chance to explore Ashdown Forest with Alan Collard each week – meet at 7.30am any Saturday in Kingstanding Car Park, for a run of about an hour or so!)

RACE REPORTS

BECKENHAM RELAYS

This event is designed to be all inclusive, with all standards of runner encouraged to be part of their club team and Tunbridge Wells Harriers have participated for over thirty years.



This year's event took place on Wed 22nd May and we entered twelve teams of three (one more than last year), who all acquitted themselves well on the 2.6 lap course.

Our mens A team of Alex Jeffreys, Andy Howey and Javier Montoya Montero placed 5th from 122 teams, while our mixed A team of Andy Eames, Cathy Gill and Richard Carter finished 9th in the mixed category.

Thanks to Craig Chapman, Kieran Fitzpatrick, Cathy Gill and Steve Bright, who all participated at short notice to fill spaces when other members had to withdraw because of illness or injury.

Special thanks to Bob Lawrence and Mike Jarvis for their support and congratulations to Bob on his PB of distributing all the numbers by 7pm!

Congratulations to Michele Bradshaw, who set a new F60 club record of 6:43 in the Westminster Mile on 26th May.

Please see the website and google group for other member race reports, including the Milton Keynes Half Marathon, Pulborough Vineyard Half Marathon and the Sheerness 10k amongst others.

MEMBER PROFILE



BILLY HOBBS

This month we're shining the spotlight on Billy Hobbs and getting some insight into his training regime, which helped him break the 30 year old club half marathon record, with a time of 1:09:21 at Paddock Wood.

Name: Billy Hobbs

Age Category: Senior Man

TWH Member since: May 2017, when I was finally old enough!

Favourite Race: Tunbridge Wells Half Marathon

Current Running Shoe Brand: New Balance for easy miles, Adidas for the faster stuff.

Running Hero: Eliud Kipchoge – the greatest runner of all time, but still a wise, humble and inspirational man.

Main Running target for 2019: It was to run sub 1:10 for half marathon but now to break 31 minutes for 10K.

I started running when: I went along to a Parkrun about 5 years ago and after getting a couple of PBs, I was hooked.

My running ambition is: To break 2:20 for a marathon. However, times aside, I would like to keep running and enjoying it, for as long as possible.

A typical training week: depends on what I'm training for, but probably about 80 miles for the week, with a track session on Tuesday, tempo on Thursday and then a faster long run on Sunday.

My favourite training session is: Either 6 x 1 mile with short recoveries, or a long run with a fast finish.

I prepare for big races by: Enjoying an easy week, with only one speed session, a rest day on Friday and then just 20 minutes jogging and a couple of strides the day before. I'll also use the race as an excuse to eat and sleep more!

My favourite other sports are: Cricket and cycling (although I don't do much of either!)

When I'm not training or racing, you'll find me: Baking!

The best thing about being a member of TWH is: How supportive everyone is. It always makes a massive difference having familiar faces cheering you on at races.

STOP PRESS: On May 26th, Billy finished in a magnificent 3rd place (in a field of 10,960) in the Edinburgh Half Marathon with a time of 1:10:18, the third fastest half marathon time by a Harrier!

2019 CLUB HANDICAP No.1

The first of this years 10k handicaps took place on Wednesday 8th May.

There were 48 runners and some excellent performances compared to handicap, with two Harriers (Mike King and Alex Holmes) running under 40 minutes.

Obviously, plenty of adjustments required for next month!

Thanks again to all the volunteers who you made it all possible.

Next race is Wed 12 June.

(Actual time in brackets)

1 Ollie Smeed	(46:18)	60:48	1 Mike King	38:22
2 Mike Staddon	(42:08)	64:08	2 Alex Holmes	39:48
3 Lyndon Jennings	(46:04)	66:04	3 Alex Ashton	40:10
4 Louise Hazelton	(53:02)	67:02	4 Mike Cardall	40:17
5 Simon Alford	(47:05)	67:05	5= Ed Steele	40:20
5 Tobyn Fuller	(45:05)	67:05	5= Richard Carter	40:33
7 Mark Davey	(47:09)	67:09	7 Andy Eames	41:11
8 Ian Grant	(45:13)	67:13	8 Kelvin Desmoyers-Davis	41:41
9 Phil Long	(57:01)	67:31	9 Terry Everett	41:43
10 Polly Haywood	(49:47)	67:47	10 Robert Winter	42:02
11 Martin Hobbs	(43:55)	67:55	11 Mike Staddon	42:08
12 Jonathan Chambers	(48:07)	68:07	12 Danny Winson	42:28
13 Alex Ashton	(40:10)	68:10	13 Lloyd Collier	42:33
14 Jon Southworth	(48:44)	68:14	14 Saul Harris	43:08
15 Danny Winson	(42:28)	68:28	15 Martin Hobbs	43:55
16 Rob Hill	(47:37)	68:37	16 Tom Woolley	44:08
17 Susan Jones	(55:41)	68:41	17 Andrew Shepherd	44:16
18 Ana Green	(48:50)	68:50	18 Matt Clark	44:22
19 Mike King	(38:22)	68:52	19 Joshua Pratt	44:24
20 George Harris	(48:06)	69:06	20 Tobyn Fuller	45:05
21 Kelvin Desmoyers-Davis	(41:41)	69:11	21 Ben Muir	45:12
22 Joan Woodward	(55:13)	69:13	22 Ian Grant	45:13
23 Andrew Shepherd	(44:16)	69:16	23 Simon Howden	45:54
24 Mike Cardall	(40:17)	69:17	24 Lyndon Jennings	46:04
25 Alex Holmes	(39:48)	69:18	25 Andrew Joad	46:10
26 Gary O'Reilly	(54:23)	69:23	26 Ollie Smeed	46:18
27 Lucille Joannes	(57:26)	69:26	27 Simon Alford	47:05
28 Terry Everett	(41:43)	69:43	28 Mark Davey	47:09
29 Robert Winter	(42:02)	70:02	29 Rob Hill	47:37
30 Richard Carter	(40:33)	70:03	30 George Harris	48:06
31 Andy Eames	(41:11)	70:11	31 Jonathan Chambers	48:07
32 Stuart Williams	(48:16)	70:16	32 Geoff Turner	48:15
33 Ed Steele	(40:20)	70:20	33 Stuart Williams	48:16
34 Mike Tull	(49:55)	70:55	34 Jon Southworth	48:44
35 Saul Harris	(43:08)	71:08	35 Ana Green	48:50
36 Ben Muir	(45:12)	71:12	36 Polly Haywood	49:47
37 Matt Clark	(44:22)	71:22	37 Mike Tull	49:55
38 Andrew Joad	(46:10)	71:40	38 Louise Hazelton	53:02
39 Joshua Pratt	(44:24)	71:54	39 Gary O'Reilly	54:23
40 Joy Croucher	(65:46)	73:46	40 Tom Pearson	54:43
41 Simon Howden	(45:54)	73:54	41 Joan Woodward	55:13
42 Janet Bird	(65:55)	73:55	42 Susan Jones	55:41
43 Lloyd Collier	(42:33)	74:03	43 Phil Long	57:01
44 Geoff Turner	(48:15)	74:15	44 Lucille Joannes	57:26
45 Carol Tsang	(58:17)	74:17	45 Carol Tsang	58:17
46 Jon Rickards	(61:33)	74:33	46 Jon Rickards	61:33
47 Tom Woolley	(44:08)	75:38	47 Joy Croucher	65:46
48 Tom Pearson	(54:43)	76:43	48 Janet Bird	65:55

FROM THE TWH ARCHIVES

TWH 10K Handicap Wednesday 12th May 2004

There were 40 Harriers taking part.

Top ten actual times:

Trevor Taylor (40:15) Dave Sivewright (41:01) Ed Bates (41:40) Derek Harrison (42:01) Ivor Lawrence (42:36) Ian Wylie (43:07) Simon Allford (43:19) Chris Taylor (43:23) Mark Taylor (44:02) Peter Tullett (44:10)

Top ten handicap times (with actual in brackets)

Peter Nuttall 57:29 (54:59) Sarah Cullen 64:56 (54:56) Chris Taylor 65:23 (43:23) Rosie Donaldson 65:32 (45:32) Trevor Taylor 65:45 (40:15) Jackie Morton (66:25 (51:55) Lucille Joannes 66:26 (51:56) Kevin Bradshaw 66:47 (48:17) Graham Brooks 67:14 (57:14) Sian Roberts 67:14 (47:14)

AND FINALLY...

Being part of the Harrier marshalling squad for the London Marathon last month, required empathy, flexibility and ingenuity...



If you would like to contribute in any way to the newsletter, please contact Andrew Deighton at adeighsk@gmail.com

And don't forget, if you want race reports or other news submitting to the local press, post to the Google group, or send directly to Andrew 11am any Monday morning.