

THE DECKCHAIR

FEBRUARY 2020



INTRODUCTION

Welcome to the latest issue of The Deckchair, as we approach the end of the cross country season, the Kent Grand Prix kicks off and there is the prospect of sunshine and warm weather... at some point.

There are a couple of new sections planned for this year (book/podcast recommendations starting in this issue) and if anyone has ideas on other potential features, please let me know at adeigh@icloud.com

As always, any weekend race reports posted to the club website by 11am on Monday, allows me to meet the deadline for local press coverage.

Thanks

Andrew Deighton

PHIL HOWEY

Phil Howey (Andy's father), passed away peacefully on the Friday before Christmas, having been suffering from prostate cancer for some months.

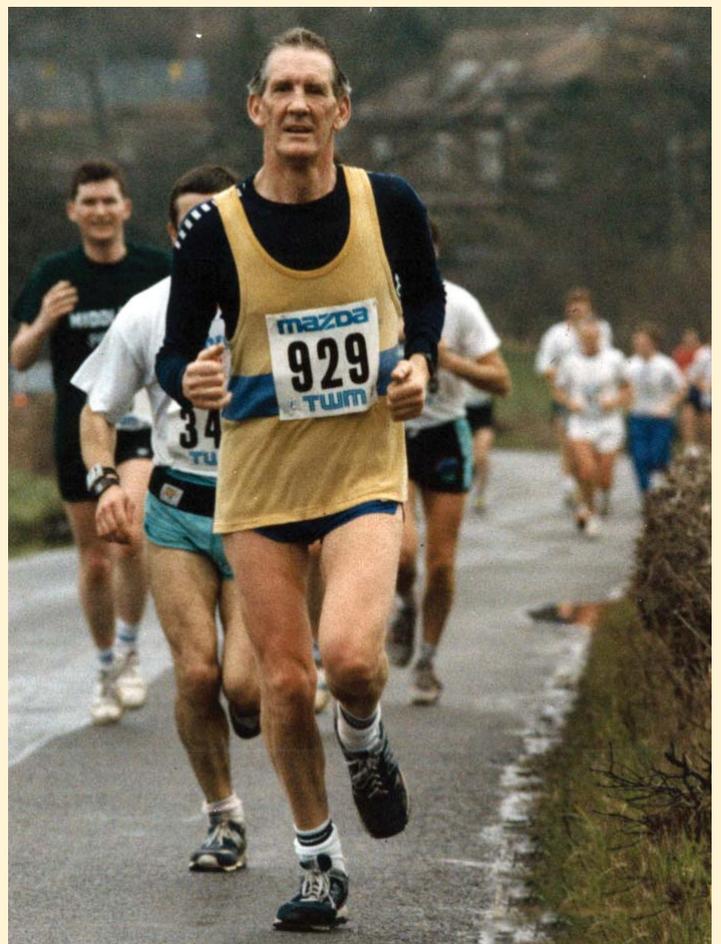
It was somewhat fitting for a Harrier that the first person to examine him, having been admitted to A&E, was Dr Paul Roome, and his last visitor was Eric Schofield.

Phil was one of the founder members of our club in the early 80's, in its former guise of Tunbridge Wells Runners and in his time held many veteran track records.

Andy wore his Dad's TWR club vest in both the Kent Cross Country Championships and the Peshurst 5 in his honour.

Donations in Phil's memory may be made to the Kent, Surrey and Sussex Air Ambulance Trust, a cause that was close to his heart. Cheeky has very kindly set up a justgiving page for the Harriers:

www.justgiving.com/fundraising/philiphowe



CROSS COUNTRY NEWS

Kent Championships (4th Jan – Brands Hatch) – Simon Howden

This years Kent Cross Country championships took place on an exposed, windswept hilltop at Brands Hatch , although it was not nearly as muddy or miserable as previous years.

First up was Dillon Hobbs in the combined U17/U20 race, over a strange 6.1K distance, securing 13th position in the U17s off the back of not much training, with a time of 22:56 – that's 6 minute miles in old money!

The Senior Mens race saw a field of over 200 taking on the 7.5 mile course, where pacing is essential, so one mile in, I took to heart Ed's supporting shout of, "Courageous start Simon!" and slowed down a touch. There was the usual excellent support from the ladies, from Bob and from Dave "got a twinge" Hadaway. I caught sight of Andy Howey once on the course -resplendent in his fathers Tunbridge Wells Runners vest, worn in tribute to Phil – and a fine sight it was too. About half way through the final lap, the course loops back to near the finish, where Billy, Patrick and Andy were already standing and cheering us on.

Billy Hobbs secured an amazing 6th place, at 41:07 with just over 1 minute covering the top ten. Patrick Bareham continued his good form, finishing 47th in 46:08, followed closely by Andy Howey, 52nd in 46:32 (sorry no Vets prizes in this one, just competing with those 30 years younger!) The six to score made up by Tom Woolley, Simon Howden and Geoff Turner, 7th team out of 12. Andrew Joad followed closely, with a good battle behind between George Harris, Martin Hobbs, Chris Walmsley and Michael Russell, finishing in that order, with Tom Fox completing the 12 to score. Luke Edwardes-Evans, made his return to cross country, with Nick Pierce completing the team.

Nine women lined up at the start of the 8K race, including two XC newbies, Lizzie Fox and Sam Dranga.

Jillian led the Harrier team home in 42nd place, just over a minute ahead of Lizzie Fox.

The day was seen out in the Five Bells in Eynsford, for some restorative ales prior to the Penshurst 5m the next day. Sam, after her first race for the club and one of the tougher races at that, agreed that beer always tastes better after cross country.

Simons full report and the full results are in the e-mail posted to the website on Jan 8th.



Team photo at Brands Hatch

South of England Champs (Jan 25th Parliament Hill) – Cathy Gill

We all got the train and tube up to Hampstead Heath for the SEAA XC (Southerns) at Parliament Hill on Saturday afternoon.

The women's race was one medium lap followed by one long – all together around 8000m. The men's race was a whopping 3 long laps – 15000m!!! In those conditions, I think the women were quite happy to be doing less.

The start at Parliament Hill lives up to all the hype – an uphill battle charge with the thundering sound of thousands of spikes over the tarmac path at the top.

It's the muddiest I've ever known a race to be. The field in some areas had been churned up into a vast mud pool, reminiscent of scenes from an epic David Attenborough wildebeest migration documentary, with lots of people ignoring the course markers and finding their own route just to survive the crossing.

It did make the downhills interesting though – there was a pretty hairy, banked corner situation near to the finish that provided Bob, Ed and I with some excellent spectating in the men's race. Scandi flicks going on and all sorts.

Unfortunately, we didn't get enough ladies to make up a team, but the men's team came in 53rd (Dan, Andy, James, Simon, Saul and Rob) and everyone put on a great individual performance. Dan Watt was first harrier home in 151st and Harriet came in 80th for the ladies as well as getting 3rd team as part of TAC's 4-to-score.

Full Harrier results in Cathy's e-mail of Jan 27th.

Special thanks to Ed, Bob, Mike, Sam and Margaret, who didn't run but got us all round with their support and photo taking.

After the race Geoff delivered the goods with some tasty rocky road snacks, which kept us going until we got to the pub(s) followed by the Monsoon Curry House!

The train ride home was eventful in itself: two civilians came a cropper on the tube, accidentally grabbing Ed's pole instead of the hand rail. Easily done.



Kent League 5 – Ed Steele

Saturday 8th Feb saw the final race of the Kent XC League with 27 Harriers donning the royal blue and gold up at Norman Park in Bromley. The course is pan-flat, making it more exposed to wind but making the challenge the overall conditions of the day with gratuitous mud throughout. Thankfully the calm before Sunday's storm was a beautiful sunny day.

With such conditions we elected not to erect the tent I'd not brought and laid everything in the open. First up was the ladies race, there'd been a desperate plea for runners on Facebook to get the full six to score out and even Carol, fresh out of quarantine, heroically put herself forwards on the day but this still only made five. Our youngest member (Cathy), waylaid by the perfect driving conditions thankfully turned up at the last minute to make six.

Former Harrier Harriet Woolley settled early into 3rd position and held it throughout the race, Cathy Gill also took a very courageous position early on which helped with the tight bridge section on each lap that was especially a pinch point for the men. Jillian also had a strong race, getting a second wind in the last 600m to put some distance between Beckenham and Cambridge but not quite catching a TAC runner ahead. Clare Andrew made up the three to score and not forgetting our only M70 runner Ian Bracken.

Results: Cathy Gill (17th) Jillian Holford (30th) Clare Andrew (77th) Lynne Bristow (88th) Sam Dranga (115th) Carol Tsang (116th).

3 to score team 8th of 14 & 6 to score team XXXX

M70 Race Result: Ian Bracken (8th)

In my aim to cover more distance than the races while taking photos, I came across a wild Adam Dennis with a gigantic lens. I was taken aback but vowed to prove that size isn't important unless you want to take photos of things that are further away, plus it's harder to run with a very heavy piece of glass.

In the Men's 10K race, there was a lot of back and forth among the pack of James Sarre and Mike King, with Rich Carter, Andy Eames and Mike Staddon not far behind and battling out throughout the race. It was great to see James in a good performance PBC (post bike crash) and Mike Staddon coming into form.

I've been reliably informed the most memorable parts of the race were:

1. The sound of birds that turned out to be a runner who breathed like an asthma attack
2. Some significant corner cutting from non-harriers, blatantly in front of myself and a marshal, that earned a healthy and deserved elbowing towards the finish
3. Yet more walkers complaining about the race going over a public footpath
4. A very vocal and very expletive laden football match that started during the race, refereed by a line-marshal glued to his phone
5. Tonbridge AC and Medway clearly had no important races to attend so put out some national level athletes
6. Something something mud

Results: Andy Howey (45th) Mike King (63rd) James Sarre (68th) Rich Carter (72nd) Andy Eames (78th) Mike Staddon (81st) Alex Blackall (87th) Dave Hadaway (91st) Simon Howden (104th) Rob Winter (133rd) Terry Everest (148th) Casper Morris (149th) Geoff Turner (158th) George Harris (164th) Colin Timmins (167th) Simon Whitaker (178th) Michael Russell (190th) Andrew Deighton (196th) Nick Pierce (207th) Mark Taylor (211th)

Teams: 4 to score, 7th of 19, 12 to score, 5th of 8.

Thanks to all supporters (including the new creche run by Margaret Deighton!), Bob, Adam, Cheeky and someone else I've probably missed out.

After the race we had a minor altercation with Folkestone AC after they tried to upstage us with their baked goods, they nearly swooned when they saw my macaroons I'd baked that morning. Someone also left their trousers behind, but it was a nice day.

We retreated to The White Hart and into the smallest side-room we could uncomfortably fit all of us and 2 young children into to celebrate.

There was some very dubious parking on show.

Kent League Season 2019/20 Roll of Honour

- Andy Howey 1st M55
- Ian Bracken 2nd M75
- Andy Howey 2nd M50
- Nick Pierce 3rd M60
- Carol Tsang 4th F40
- Mens 12 to score team 4th of 11
- Jillian Holford 5th F45
- Ian Bracken 5th M70
- Womens 3 to score team, 6th of 21
- Carol Tsang 6th W35
- Mens 4 to score team 7th of 26
- James Sarre 9th M40
- Michelle Bradshaw was 2nd W60 leading upto the final race, sadly not completing due to injury

Congratulations to Clare Andrew, Ian Bracken, Terry Everest, Cathy Gill, Dave Hadaway, Jillian Holford, Simon Howden, Andy Howey, Nick Pierce, Michael Russell, James Sarre and Carol Tsang who all competed in all 4 races.

Over the season, 48 harrier men took part in the senior race, 18 women in the womens race, with 2 in the M70 race and Dillon Hobbs in the U17 race, so 69 harriers in total.

KENT GRAND PRIX 2020

Race Report Canterbury 10 (Jan 26th) – Alex Jeffreys

31 deckchairs (22 men and 9 women) made their way to Canterbury for the traditional 10-mile race to kick off the Kent Grand Prix and defend our trophies. Impressively Geoff, Tev and Gemma had even competed at the Southernns the day before!

This was the first time I'd run Canterbury and luckily I'd studied the course profile in advance, so could ignore Mike Kings advice that the course was pancake flat. For those who haven't run Canterbury, it's a fairly pleasant course winding through farmland and villages. There are some notable hills at miles 4 & 7, but the last mile is thankfully downhill. Conditions were perfect for running... fairly cool, no rain and not too much wind. The race was well organised with a decent sized HQ and friendly marshals.

In total 1,446 runners completed the out-and-back course, with last year's winner, Abel Tsegay (Invicta East Kent) again coming home first in 52:29, and first women Helen Gaunt (Tonbridge AC and 2nd claim Harriers) in 01:03:57.

Behind the leaders there were some great runs from the Harriers, including several PBs. Special mention to George Harris and Ollie Smeed who managed to obliterate their previous best times. Patrick and I worked together and pushed each other round, but couldn't quite catch third place who was rapidly coming back to us in the later half. Behind us it looks like there were some good battles among the Harriers with many finishing close together.

Well done to all who ran and a big thanks to everyone who came along to support and also to Bob for compiling the results.

(Full results in the e-mail Alex sent on Jan 27th).

2020 KGP REMAINING EVENT SCHEDULE

Mar 15 Dartford Half Marathon (Kent County Long Course Champs)

May 8 Ted Pepper 10k, Bromley

Jun 14 Orpington High Elms 10k

Entries for all the races above are now open

Jul 12 Sevenoaks 7

Sept 6 TBC Kent Coastal Marathon, Margate

Sept 13 Larkfield 10k (Kent County Short Course Champs)

Oct 4 Sittingbourne 10

Oct 11 Tonbridge Half Marathon

CLUB & COMMITTEE NEWS

Diary Dates

March 21 Club Cross Country Championships

March 29 Spring Marathon Training Run #4

May 2 Annual Party ...more details to follow

May 13 tbc Club 10k Handicap #1

June 10 Club 10k Handicap #2

July 8 Club 10k Handicap #3

August 5th Club 10k Handicap #4

LONDON MARATHON BALLOT PLACE WINNERS

Congratulations to the four winners of the club places for this years London Marathon on April 26th – Joy Croucher, Carol Tsang, Amanda Bruneau and Bryon 'Spud' Taylor – having been drawn from the Teapot of Doom at the Xmas Party Night in December.

FESTIVE CLUB ACTIVITIES

Plenty of sociable running activities were enjoyed by members over the festive period.



QUIZ NIGHT

The annual quiz hosted by Bob Lawrence and Ian Bracken took place on Wed 22nd January, with 10 teams taking part and the 'Cherry, Shrew, Spur, Angel, Canaries' team of Steve Wellstead, Peter Tullet, Paul Roome and James Smith emerging victorious.

CODE OF CONDUCT – WINTER RUNNING

A quick refresh of the club code of conduct to ensure you keep yourself, other runners and pedestrians/road users safe, particularly when running on these dark evenings:

During club activities, runners are expected to:

- wear high visibility clothing with light-reflecting strips when out running on the roads during the hours of darkness.
- use the pavement or footpath where there is one.
- run in single file on the right hand side of the road where there is no pavement or footpath.
- always be aware of other road users and any traffic build-up that you or your group may be causing. It may be safer to stop and allow vehicles to pass.
- not wear headphones.

These measures also ensure we maintain the good reputation of the club amongst the local Tunbridge Wells community.

UPCOMING LOCAL RACE CALENDAR

Mar 8 Lydd Half Marathon and 20 mile

Mar 15 Dartford Half Marathon (KGP)

Mar 22 Bedgebury Forest 10K

Mar 29 Hastings Half Marathon

Apr 5 Paddock Wood Half Marathon

RACE REPORTS

Lamberhurst 5K and 10K (Jan 1st)

This years races took place in Bewl Water and there was top 10 finish for Dave Hadaway and category wins for Ana-Maria Green (10k 1st M50), Stella Richardson (5k 1st F60) and Peter Richardson (5k 1st M65)

Penshurst 5 (5th Jan)

On a weekend of Kent XC champs, everyone knows the real event was the Penshurst 5 mile XC on Sunday.

A decent field of over 180 headed out of the village, following the half marathon course before veering off left into ploughed fields, farmyards and ridiculously steep ups and downs.

With a satisfying amount of mud mixing with a local, friendly atmosphere, it really is a great little event, with cake and tea at the finish being the reward.

Congrats to Suzy Northcote on her first ever race!

Full list of TWH results can be found in Patricks race report, posted on January 5th.



Dave Hadaway has just realised he was missing a vital component for the CaniCross event, while Geoff Turner has Fergus ready like a coiled spring and was led round to finish in 2nd place in the category.

Saxon, Vikings and Normans Marathon (Jan 19th)

The multi lap race at Gravesend Cyclopark saw Ana-Maria Green (4:10) and Paul Hollis (4:30) run the 5 lap marathon and Amanda Bruneau (5:41) run the 29 mile ultra.

Bedgebury Forest 10m (Feb 2nd)

Louise Hazelton (84:45) led home a small band of seven Harriers in this race around the trails of Bedgebury Pinetum on a reasonably warm (for February) Sunday morning. Jonathan Hanes (45:13) was sole harrier in the one lap 5 mile race, although Mark Taylor sneaked round numberless!

RECENT CLUB RECORDS

SM 10k Billy Hobbs 31:43 (1st Dec at the Percy Pud race in Sheffield)

F60 5k Michele Bradshaw 21:38 (27th Dec at the Serpentine Last Friday of the Month race)

F55 Marathon Tara Taylor 3:46:20 (19th Jan at the Gloucester Marathon)

M40 10k Will Levett 32:56 Chichester 10k – Sun 2nd Feb

MEMBER PROFILES

Thank you to everyone who agreed to share a little bit about themselves last year, members of TWH since 1990 right through to more recent joiners – Rosie Harris, Mark Taylor, Michele Bradshaw, Rose Sawyer, Billy Hobbs, David French, Nicola Morris, John Hepner, Tara Taylor, Paul Hollis.

In summary they said... their favourite shoe brands were those stocked by the Running Hub (funny that!)... trail was just preferable to road... Assembly Hall, coastal trips and the Pantiles were strong favourites... and the best thing about being a member of TWH was summed up by friendship, encouragement and camaraderie, with a joy in wearing the deckchair!

To kick off this year, Mike King, Club Road Captain and chief KGP results analyser, shares his thoughts:



Name – Mike King

TWH member since – 2012

Age category – M40

Current shoe brand(s) – Nike – true revelation over the last 6 months, I have 3 different types now

Favourite race – I would say London Marathon (crowds unlike anywhere else) but they keep changing the qualification parameters, so I will go for Brighton 1K – fast and flat, plus I've had some great battles with team mates on the way to several PBs

Favourite parkrun – probably Hove, for my PB, but Lanhydrock takes some beating for course variety and scenery

Best running experience – breaking 3 hours for the marathon after several near misses (especially when the weather conspired against me). The sense of elation and relief was immense!

Running hero – Richard Quartermaine – Guinness World Record for fastest marathon dressed as a tap, heroic!

Road or XC/Trail? – Road for racing, trail when not muddy

Favourite training run or session? – monthly TW Strava Challenge – love the combination of navigating and competition

Running ambition – There are several but a sub 35 min 10K and sub 1:20 half marathon are probably my main goals, although I would take beating Patrick (Bareham) again!

When I'm not running you'll find me... well I will probably be at home or work!

Running book recommendation – Eat and Run by Scott Jurek, Although I'm concerned that it has sown the seed of running an Ultra in my brain.

The best thing about being a member of TWH is... the people and the combination of social activities around running. However, a highlight is the atmosphere at Kent GP or XC events, this isn't just the friendly rivalries but the support from team mates is what it's all about!

STOP PRESS

TUNBRIDGE WELLS HALF MARATHON

Billy Hobbs became the first male winner of the race, supported by Alex Jeffreys and Patrick Bareham, TWH took first place in the team event and Jillian Holford, Hayley Larkin and Rose Sawyer picked up second place in the womens race.

Full report in the next newsletter...



BOOK REVIEW

Given the proliferation of books/podcasts etc covering different running activities, this new section aims to offer harriers the opportunity for recommendations to other club members.

So if anyone has something to recommend, just drop me a line.

First up, KEEP ON RUNNNING by Phil Hewitt.

If you've run a few marathons, are planning on running your first, or have thoughts about trying a new location, then this easy reading book of one man's marathon journey, gives an interesting insight into many of the challenges, triumphs and pitfalls of marathon running around the world.

FROM THE TWH ARCHIVES

This month some 1990 race times from the incredible archive of records, maintained by Bob Lawrence

23 January 1990– Southern Cross Country Championships held at Parliament Hill

Andy Howey finished in 276th place

(In January 2020 Andy finished in 263rd place!!)

28 January 1990 – Canterbury 10

John Hepner M45 1:02:26

Bob Lawrence M40 1:02:43

18 March 1990 – Tunbridge Wells Half Marathon

Bob Lawrence M40 1:22:22

Mark Taylor SM 1:25:15

Bryon Taylor M40 1:30:12

Michael Russell SM 1:32:34

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.