

THE DECKCHAIR

2021 – Issue 4



INTRODUCTION

It's great to report that alongside the speed sessions, yoga and occasional Sunday runs that we've been able to maintain, we have now restarted Wednesday Club Nights from the Nevill!

Please keep an eye on the club e-mails and Facebook page, for club news, as we fully re-open activities – it would be a shame to miss anything!

As always, if there is anything you would like to cover in future newsletters, please let me know at adeigh@icloud.com

Thank you

Andrew Deighton

CLUB NEWS

Alongside news of the return to the Nevill for Wednesday Club Run Nights, there are a few other updates and diary dates.

CLUB AWARDS

The nominations for the 2019 awards should be circulated very shortly, to enable members to vote and then the winners receive their prizes at the Celebration Weekend.

Once this process is complete, we will undertake the 2020 nominations and voting, for the trophies that will be in consideration, given the constrained racing year and then be back on track for the 2021 awards in the first part of next year.

CELEBRATION WEEKEND

Whilst we won't be celebrating our 40th anniversary until next year, we will be holding our celebration weekend on 24th/25th July.

After such a long time with limited activities and (hopefully) the weekend after restrictions are further relaxed, it's planned to be an informal chance to meet up with your fellow harriers, have a couple of runs and (fingers crossed) enjoy some summer sunshine.

Outline plan is that there will be a long run on the Saturday, for those interested, although it is also the day that parkrun is due to restart, so that will be a celebration of its own.

Sunday morning will see a shorter, local run, with a walk option too, potentially.

Then Sunday afternoon will be a picnic style event (bring your own rugs, hampers and food) at the Nevill, with bar facilities in the pavilion and will include the presentation of the club awards to the winners for 2019

Please feel free to bring your family along and celebrate with your fellow harriers.

ERIDGE 10

This years race will be on Sunday 26th September and over the next few weeks we'll be looking for volunteers to take on some of the roles to bring the event to fruition, within a newly formed working party, so the responsibilities are shared out and manageable. Watch this space...

MEMBERSHIP 2021/22

If you still haven't paid your subscription for this year, please could you give it your attention, so that you don't miss out on future news from the club

*****DIARY DATE : 2020 AGM WILL BE ON WEDNESDAY 3RD NOVEMBER*****

CLUB ROAD CHAMPIONSHIPS – SUNDAY 23RD MAY

Originally started in the late 1980s, this year's event saw a strong turnout for both the men's and women's races, which took place under the current England Athletics COVID guidelines and over the traditional challenging, hilly course from Forest Road to Bells Yew Green and back, via Hawkenbury.

Dillon Hobbs landed the double, following his victory in the club cross country event last month. After taking an early lead, he finished with a winning margin of just over two minutes from Keith Mitchell in second place, with James Sarre following closely in third place.

Keith had the consolation of being first M40, while Simon Howden also landed the double in taking the M50 category, Mark Taylor led home the M60s, with Spud Taylor, also making it a road/cross country double in the M70 category.



In the separate women's race, 2nd claim, Harriet Woolley posted the sixth quickest time overall to land the title, followed by Cathy Gill in second place and Jillian Holford in third place.

Jillian was also first F45, making it another double, as she won the same category in the recent cross country championships, while Lucille Joannes took the F55 title

Thanks to Bob Lawrence for timings and the other marshals who kept us all safe, as we seemed to be sharing the roads with the Sunday Morning Boy Racer Club of TW.



RACE REPORTS

North Downs Way 50 – Saturday May 22nd – David Barker

Running a 50 mile race only two weeks after a 100 mile race is a stupid idea. I knew this weeks ago, but still ran. A combination of my own disorganisation and rescheduled 2020 races meant race 3 in the 4 race series was this weekend and I really didn't want to drop out. So Saturday 6:30am and I was at Farnham, the start of the North Downs Way, with no ambition other than a finish.

I ran the first 10 miles with an old friend and felt great, but by mile 20 my ITB was playing up and every downhill step was agony and I was reduced to a painful trudge. I'd calculated a 3mph pace would get me to the finish within the 13hr cut off, but a few 25 minute miles had me concerned I would time out.

However the flat sections were not as bad, and I managed to keep plodding. I eventually finished in 12:27 with a massive positive split. Meanwhile there was a race happening and course records being broken.

Kent Trail Half – Sunday May 23rd – Richard French

At the inaugural running of the Kent Trail Half, it appeared I was the sole TW Harrier running. Maybe because it unfortunately clashed with the Club Road Championships, something I hadn't realised when I entered.

The event took place in Eridge Park and having run in our own excellent 10 mile event I sort of knew what to expect. It was organised by the Tough Mudder people under the guise of Tough Runner. 336 runners took on the half marathon and there was also a 10k.

The conditions were windy with showers and following all the recent rain it was very muddy.

As seems necessary in these Covid Times we set off in socially distanced pairs at 5 second intervals. Unlike our own race there were no signs naming each hill. So at least I did not know when I ran up "Deeply Steep" but the signage was good even though it said "cycle route" on most of them.

The course was all over the park and very muddy which affected the times I think. I was happy to just to finish in 2:14:02 for 2nd M60!

In summary, a great setting, a tough course and it was good to be back at a mass participation event.

Weald Challenge 50k Ultra Trail – Sunday 13th June – Rose Sawyer

Starting and finishing in the village of Chiddingly and taking in a variety of landscapes – rolling hills, fields and ancient woodlands - the Weald Challenge 50K Ultra trail (there is also a trail half marathon option) follows both the Weald Way and the Vanguard Way.

As has been the case with many races, there were staggered wave starts based on predicted times. No food could be provided at the 4 checkpoints this year due to COVID-19 so you had to carry your own fuel. There was plenty of water which was a great bonus.

The weather was very sunny and very hot which made it difficult at times to run in the open fields and it certainly contributed to slowing my pace.

There were 155 finishers (108 men and 47 women) and four Harriers took part – Rob Jones (58th Male in 6:22:36), Jon Hodge (75th Male in 6:53:12), Rose Sawyer (36th Female in 7:19:02) & Gary O'Reilly (107th Male in 8:04:20).

This is the second time I have participated in this race. I really enjoyed the challenge and loved the Weald mug and medal at the finish.

Pilgrim Challenge Sat 12th & Sun 13th June – Tara Taylor

This event is normally held in February but, for obvious reasons, was postponed until June. The event is put on by XNRG and consists of 66 miles following the North Downs Way.

On Day 1 the route starts at Farnham and follows the NDW to Redhill – taking in Box Hill and Reigate Hill, so some big climbs. Then on Day 2, you do the reverse, retracing your steps back to Farnham.

It was a scorcher of a weekend which, in itself, was challenging - I don't think I've ever been so hot.

There were 4 checkpoints on route and, on both days, a very welcome fifth water station was added. Support and camaraderie were only surpassed by the spectacular views. I particularly enjoyed the view of Denbies wine estate - so picturesque. I even managed to avoid queuing for the Box Hill stepping stones on both days, which was quite an achievement given the crowds at the weekend!

The worst of the climbs were definitely on Day 1, although I was 20 minutes slower on Day 2!

There were over 100 finishers on Day 1, but only 63 completed both days.

I finished 19th overall in a combined time of 13:09:33, winning my age group.

I've done a few XNRG events and, in my opinion, they are good fun and well organised.

Exmoor Ultra – Sunday 13th June – Amelie Karlsson

I ran the Endurance Life Exmoor Ultra, as my first in-person race since March 2020, which was in time trial format for social distancing purposes. Despite having no real idea how I was doing relative to the field during the day I finished 2nd woman and 10th overall (from 68 finishers), and most importantly had a great day being back racing again.

I ran 5:38:50 on the multi-terrain course of 51.85km, with +2,108m of elevation

RON HILL (1938-2021)

There was sad news in late May, with news of the passing of UK running legend Ron Hill. Not only did he run for GB at three Olympics and be the first UK winner of the Boston Marathon, he was an innovator on athletic apparel, with Ron Hill Tracksters being worn by thousands of runners over the years.

But did you know....

- He had an unbroken daily run streak of 52 years (from Dec 20th 1964 to Jan 30th 2017)
- He clocked 158,628 running miles in his lifetime and ran in over 100 countries
- He ran 29:24 for the first 10k of the 1970 Commonwealth Games Marathon (which he won)
- He ran 115 marathons, winning 21 of them
- He broke the last two of Emil Zatopeks world records (15 miles and 25,000m) in 1965
- He won the National XC title twice (1966 & 1968)



CLUB GRAND PRIX UPDATE FROM MIKE KING

To be in the running for the Grand Prix, you will need to participate in 6 out of the 10 events. Remember it is your best 6 Age Grading result over these events which count.

Completed events

- Langton road virtual 5k
- Club XC
- Club Road champs

The results from the two Club events are being worked on by the Age Grading wizards and will be available shortly.

Rest of year:

Please find below the details for the remaining races we will be using for the club GP this year.

- A UKA certified road 10k event to be completed in 2021 - email me your result link for the event you wish to use.
- A UKA certified road half marathon event to be completed in 2021 - email me your result link for the event you wish to use.
- 30th June – Club 10k Handicap (best 2 out of 3 count)
- 21st July – Club 10k Handicap (best 2 out of 3 count)
- 11th August – Club 10k Handicap (best 2 out of 3 count)
- October – XC event*
- November – XC event*
- December – XC event*

** To be decided cross country event (if not running a virtual or other event will be held)*

RETURN TO THE NEVILL – Wednesday 23rd June

After a decision at the Committee meeting on the Monday, it was agreed we should proceed with our return to the Nevill, albeit without changing and shower facilities, nor (for this week only hopefully) the post run bar.

Approximately 30 harriers were sent on their way by John Hepner, Andy Howey, Peter and Stella Richardson, who all had either misheard that the bar would be open, or just came along to show their support.

With natural social distancing occurring by the top of Roedean Road, an enjoyable route around the regular haunts of Broadwater, Ramslye and Rusthall ensued before returning to the Nevill.

It was great to see a few new members in the group too.

An Al fresco picnic ensued...well a few cold beers brought along by a few regulars, plus Ed brought a tart along to celebrate!



CALENDAR OF CLUB EVENTS

Wednesday July 7th	Handicap Race 1
Sat/Sun 24th/25th July	Celebration Weekend (inc runs both days)
Sunday August 8th	Sunday Club Run from Eridge

**** Dates for Handicap Races 2 & 3 will be confirmed asap*

RACE DIARY

As races and events open up, here are a few that may be of interest to get in your diary...

July 7th	Bedgebury Summer Series 10k & 5k
July 9th	Rye Summer Series 10k
July 11th	Mid Kent 5 mile (Staplehurst)
July 24th	parkrun returns
July 25th	Romney Marsh 10k
August 1st	East Peckham 10k
August 1st	Canterbury 10 mile
August 4th	Bedgebury Summer Series 10k & 5k
August 6th	Rye Summer Series 10k
August 15th	Lydd 20 mile & Half Marathon
September 5th	Paddock Wood Half Marathon
September 10th	Rye Summer Series 5k
September 12th	Rye Ancient Trails 30k & 15k
September 19th	Hospice in the Weald 10k
September 26th	Eridge 10 (our very own)
October 10th	Tonbridge Half Marathon

FROM THE TWH ARCHIVES

2011 and the start at Eridge 10 – remember those en masse starts...



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