

The eighteenth annual Tunbridge Wells Harriers Club Cross Country Championship took place on Saturday 18th March at (for the majority of runners) 10am in Hargate Forest for the 3-lap 5.1mile course. The sun shone just before the start to put everyone in good spirits, spring having finally sprung to dry out large parts of the course in the past 2 weeks and making it much firmer than last year. Canal corner was still a mess as usual, but spikes were not necessary unless you wished to clear the course of leaves.

Sadly, another downturn in numbers only saw 17 harriers turn out to compete, perhaps due to worries about injury or maybe even advice not to attend! There are many years of XC experience in those that ran, XC may not be for everyone but it promotes stronger form and ultimately stops you from getting injured. Don't be put off and try out the XC season in October and next years event. Remember that there is club silverware going out at the party tonight for these results!

Although the course was firm, there were some fantastic performances based on last years' results. Andy Howey had an easy run this year, accelerating off into the distance to be the first harrier home. Thanks to Sam not turning up, I was able to complete my run of coming second TWH in every single XC event this year. Mike and Saul had a good fight given Mike's silly week of training and it was good to see Simon returning to form to take the M40 prize. M60 was easily taken by Mark, up 1min30 on last year.

The ladies F35 prize was taken by our retiring ladies captain Lesley, with Stella winning yet another F55 XC prize. Our ever-present Spud Taylor took the M70, with a late entry from Nick Pierce and unfortunately an estimated time due to his watch only showing the movements of the sun.

Thanks to everyone who came along, Andy Howey for setting up and clearing down the course (and timekeeping!) along with Mark Taylor and Simon Whitaker. Thanks as always to the Woodland Trust for their support and allowing us to use the forest for the event.

Photos are here, sadly due to the photographer (me) having to finish the race first, I was unable to get a shot of myself and Andy finishing (despite best efforts)

<http://photos.twharriers.org.uk/Races/Cross-Country/Club-XC-Champs-2017/>

1	Andy Howey	00:35:23	1st M50
2	Edward Steele	00:35:54	
3	Mike King	00:38:38	
4	Saul Harris	00:38:48	
5	Simon Whitaker	00:39:14	1st M40
6	Neil Clark	00:39:33	
7	Simon Howden	00:41:34	
8	Adam Dennis	00:42:00	
9	Mark Taylor	00:43:23	1st M60
10	Andy Page	00:46:57	
11	Lesley Mercer	00:48:10	1st F35
12	Peter Richardson	00:48:29	
13	Carol Tsang	00:49:56	
14	Stella Richardson	00:51:38	1st F55
15	Lucille Joannes	00:59:39	
16	Spud Taylor (2 laps)	00:54:52	1st M70
17	Nick Pierce (chip time)	00:52:00	

And that's it for another XC season!

Ed