

THE DECKCHAIR - 2019 issue 2



Thank you for all the positive feedback on the previous issue, here is no 2 of the year.

We've also had a positive response from our re-engagement with the local press, with both the Times of Tunbridge Wells and the Courier publishing articles we have submitted, as well as the extensive coverage of the half marathon.

Monday is the weekly deadline for submission of copy to the local press so any race reports need posting quickly to stand a chance of wider exposure. We can pick them up from the website, or please send to Andrew at adeighsk@gmail.com (same contact for any content for future newsletters too).

Thank you

Andrew Deighton & Maria Gandara



ROLL OF HONOUR

Michele Bradshaw set a new F60 5k club record of 22:04 at the Serpentine 5k on 22nd Feb, which is currently the fastest F60 5k in the UK for 2019.

The final race in the 2018/19 Kent Cross Country League, produced some well deserved awards for the Harriers.

- * The ladies six to score team finished in 3rd place.
- * Michele Bradshaw rounded off an impressive season taking the trophy for 2nd W60.
- * Andy Howey was awarded the trophy for 1st M50.
- * Peter Richardson took home the trophy for 3rd M60.

STOP PRESS:

Congratulations to Alex Jeffreys & Harriet Woolley for being first man and woman in the Club Road Race Championships on 3rd March.

CLUB NEWS

Fancy a trip to Bordeaux for the Marathon du Medoc (7th September)?

A chance to dress up, drink wine and explore the most famous vineyards in France, while running a marathon!

Tickets go on sale in early March and sell out in a matter of hours. Any interested club members please chat to Andrew Joad at the club any Wednesday.

Date for the diary:

23rd March: Club Cross

Country Champs - the grand finale to the cross country season takes place in Hargate Forest with a course of three 1.8 mile laps.

If you've never run in a cross country event before, this is an ideal opportunity to come and have a go, even if it's just a lap or two.

Please come along and celebrate the end of the season in style!

Hendy Tunbridge Wells Half Marathon



This year's race – the 36th – took place on a gloriously sunny, crisp morning on Sunday 17th February.

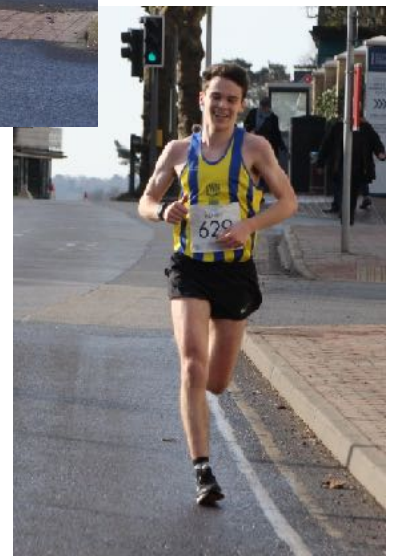
A healthy turnout of runners enjoyed a great day on the usual course, which won glowing praise from many runners, along with consistent feedback on the quality of the organisation, encouragement of the pacers and friendliness of the marshals, with one runner posting a five-star rating.

It was great to see two Harriers on the podium, with Billy Hobbs in 2nd place overall (1:12:16) and Harriet Woolley being 3rd placed woman (1:28:30).

Our race organiser, Mark Taylor, said:

"A big thank you to all the harriers for supporting the race, also to other volunteers for their time and the town itself, through its spectating support and business sponsorship."

"We are looking for more people to join the managing team for next year, to take on some of the roles, so please let me know if you want to get involved"



FROM THE TWH ARCHIVES

HQ Magazine Spring 2004

Some excerpts from a 'The Tunbridge Wells Half' article by Ashley Smith from the Runners World Forum Running Club who travelled down to participate for the first time:

"This has to be the most picturesque race I have ever done...on a chilly day, the field of 800 soon spread out after the uphill section at the start...I fell in love with so many houses on the route I gave up counting...there is a monster two-mile hill and when you think you are at the top, you turn a corner and it keeps going up...Richard Owen of Tonbridge AC was the men's winner and Tina Oldershaw of Paddock Wood AC the women's champion."

UPCOMING RACE CALENDAR

10 Mar	Lydd Half Marathon & 20M (KGP3)
16 Mar	BMAF XC Champs
17 Mar	BVAC Open 5M
23 Mar	Club XC Champs
7 Apr	Paddock Wood Half Marathon (KGP4)
12 May	Darent Valley 10k (KGP5)

KENT GRAND PRIX 2019

Following the first two events of the KGP year (Canterbury 10 and Deal HM) the next event, the Brett Lydd 20 is shortly upon us, on Sunday March 10th (10am start).

For anyone training for the London, Brighton or other spring marathons, the wide, pancake flat lanes that surround the marsh town of Lydd, offer a great chance of a PB or just a great way to get the miles in, while running with some company.

Details to enter are in the recent e-mail from Craig Chapman on the website.

Note : The previously 'missing' race to make up this year's 10 events has now been confirmed as the Sevenoaks 7 on Sunday July 14th.

SOCIAL CALENDAR

Looking ahead to activities within the club, here are a couple of dates for your diaries.

23 Mar - Annual Party

This year, upstairs at Vittle & Swig on Camden Road. Eating, drinking and dancing – we will have a live band!

As part of the evening it will be the Club's Annual Prize Giving, including the Club Champs Cross Country race, scheduled to be held earlier on that day in Hargate Forest.

More details are now on the website (e-mail sent by Rosie on 26th Feb) including the link to book your place – only £20 per person.

Partners/husbands/wives etc all welcome!

10 April - AGM

It would be great to have as many members as possible come along to attend the AGM.

Remember that attendance (or apologies given) is one of the criteria for allocating the club guaranteed places in the London Marathon.

Details to follow.

MARATHON TRAINING RUNS

There have now been two of the club training runs for spring marathons, organised by Matt Clark.

The dates for the two remaining runs are Sun 17 Mar & Sun 31 Mar.

Meeting point 8am is at the Camden Arms Hotel in Pembury, with two routes available (full route of 18 miles, with a shorter 13.5 mile route omitting an extra loop at around mile 7).

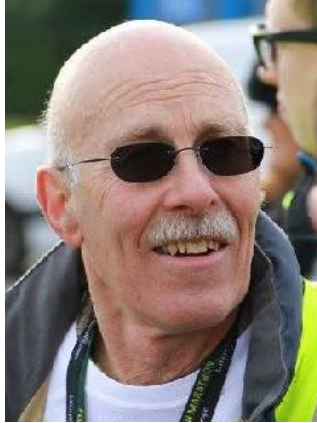
There are water and sports drinks available along the way and while the roads are generally quiet, bright clothing is advised.

WORD ON THE GRAPEVINE...

There appears to be talk of a new local parkrun being launched in 'a beautiful woodland setting' near to Penshurst Place.

It would be a great addition to the range of local options if true.

MEMBER PROFILE : MARK TAYLOR



Fresh from being Race Organiser of the Tunbridge Wells Half Marathon, the latest member giving us their thoughts is Mark Taylor

TWH Member since: 1990

Favourite Race: Beachy Head, formally Seven Sisters Marathon

Current Running Shoe Brands: Saucony – Ride 10 for road and Peregrine for Off Road

Running Hero: Cliff Temple – a good runner and talked sense. More latterly, Haile Gebrselassie and Paula Radcliffe.

Big races planned for 2019: None in the frame at the moment, but I would like to do my annual marathon, just not sure where yet! Otherwise to keep running.

The Ivy or Fuggles Beer Café? Neither for me, as I don't live in TW, however I do occasionally frequent Fuggles in Tonbridge.

Muesli/Yogurt or Full English? Both, depends on what I fancy. Always Muesli before a marathon.

Road or Trail? Definitely a trail runner now.

Forum or Assembly Hall? Never been to The Forum, so will have to be the Assembly Hall.

Trip to London or trip to the coast? Definitely the coast, although I do enjoy a trip to London and still try and take part in the monthly Bridges Handicap.

Camden Road or The Pantiles? I would say The Pantiles, although my last meal out in TW was in Camden Road.

Best Running Experience? Running the Great Wall Marathon, which I was very fortunate to complete three times.

The best thing about being a member of TWH is ... always running with friends. I joined Tunbridge Wells Runners (Harriers) as due to work commitments then, I needed to be in a club that would accept you weren't always available to commit to racing. It obviously worked as I am still a member and have made many friends along the way.

THE WONDERFUL WORLD OF RUNNING

If you've ever been chased by a dog while out running, you'll have sympathy (!) with a runner, who was out for a regular workout on the Horsetooth Mountain trail in Colorado, in early February.

As he made his way along a well used and regular route, he heard something behind him and turned around to be faced by a young mountain lion!

The mountain lion, (also known as a cougar), launched itself at him, biting his face and wrist, but remarkably he not only managed to break free but managed to strangle and suffocate it and while he suffered serious injuries and was taken to hospital, he is now recovering.

The local governor offered the following advice on Facebook "although this runner was able to kill the cougar with his bare hands, if others should see one, they should try to stay away or back away"

No kidding!!



RACE REPORTS



SATURDAY 9TH FEBRUARY : KENT CROSS COUNTRY LEAGUE MEETING 5, NORMAN PARK, BROMLEY (JILLIAN HOLFORD)

The fifth and final Kent League cross-country event of the season took place at Norman Park in Bromley. This made a change from the usual Kent League venues but offered a rather uninspiring course around a flat park, with only a minor hummock and a short wooded section to provide variation.



However, the ferocious headwinds, particularly in the last stretch, made up for any lack of challenge provided by the terrain.

In the women's race, with nine Harriers competing, Jillian Holford was first Harrier home in 20th place, followed by Pru Clements (23rd) with Michele Bradshaw (61st) completing the three to score.

Bryon Taylor also ran the same course finishing 9th M70.



In the men's race Andy Howey was first of 10 competing Harriers home in 37th place (& first M50), with Matt Clements (61st), James Sarre (75th) and Tobyn Young (89th) making up the four to score.

Thank you to all who have taken part. Thank you also to Ed Steele who has attended every event supporting, taking photos, putting up tents, supplying cakes and remaining in surprisingly good spirits despite not being able to run.

SUNDAY 10TH FEBRUARY : DEAL HALF MARATHON (KEITH MITCHELL)

The second Kent Grand Prix event of the year, felt like even more of the same (as Canterbury): more hills, more wind and more miles.

One thing that there was slightly less of was pre- and post-race facilities though, but I suppose sheltering from the rain in the car before the race and throwing your belongings trustingly into the back of a random van at the start line is all part of the experience!

Once off and running, the course itself was a very pleasant route through the Kent countryside, and the marshals, as always, were excellent and friendly. It was very hilly though, and the group that I was running with were very happy to point this out to each other, which all added to the fun and sense of camaraderie. Always great to see Bob out and about on the course as well, so thank you to him for the in-race support and coaching!

Well done to all 14 Harriers for making the long trip and for the excellent efforts, but special mention should go to Matt Clements (26th overall, 7th in category), Pru Clements (2nd in category) and Amanda Smith (7th in category) who all ran in the Kent Cross Country League the day before, and also to Alex Ashton who was running for the club for the first time and was 4th Harrier home in 56th place, so will have earned lots of good Grand Prix points for the club.

Finally, and saving the best until last, well done to Sarah Ferns who finished in 1hr 45m, taking an amazing nine minutes off of her PB despite it being a very challenging course.

NOTES FROM THE COMMITTEE

Nicola Morris, and I went along to an evening presentation by England Athletics (EA) covering their involvement in Road Running.

The profile of EA has changed significantly over recent years with the boom in road running; the number of track and field athletes has remained level at around 40,000, mainly young athletes, while the overall membership is growing, with the rest of the 180,00 members coming from the road running community. These members come from 1700 clubs and are generally older, with most growth coming from the over 30s, and have a 50:50 split between the sexes. Masters only form a small part of the whole. Given this trend, it is not surprising that EA's main focus is to develop initiatives to support the road running community.

Their stated priorities are to increase the number of volunteers involved in the sport, sustain and grow participation and improve performance. These are delivered through the following areas:

Runners, Leaders and Coaches - Run Leader, Coach and Athlete Education and Development (for example, they run coach development workshops, offer coach training programmes leading to qualifications such as the Leader in running Fitness (LIRF) and Coach in running Fitness (CIRF)); Club Run; Marathon Performance programme. They mentioned they would be looking for venues to hold a Run Leader Development Day in this area - and suggested that either the Goldsmiths/ Crowborough Track or Tonbridge School track area would be suitable - maybe we could offer to help host/organise?

Event Organisation - "Gun to tape" workshops, traffic management courses and a Race Directors portal for race organisers together with the provision of race insurance through runbritain. This latter is a valuable benefit for our Half Marathon as it offers £50m public liability cover which would otherwise be very expensive to obtain elsewhere.

England Champion of the Road Series - These are a series of races at 5k, 10k, 10 miles, Half Marathon and Marathon distances for clubs to enter - a bit along the lines of a National Grand Prix

series. Anyone fancy forming a team for next year's events? EA has also launched a Club Marathon Champs for club teams - this year at Chester Marathon - anyone interested in forming a club team please let Nicola know.

Age Group Masters Events - While running for their country might be beyond the reach of the majority of club runners there are a number of qualifying events for the over 35s to run in these events in an England vest. Andy Howey qualified in his age group in the 10k last year but there are also chances in the 5k, Half Marathon and Marathon - check out the EA website for details.

Support for the Road Running Community – EA provide Club Support Managers who can give guidance on common challenges or assist with club projects. They also provide input to the All Party Parliamentary Group for running has just issued guidance to local authorities that they should not charge for the use of parks where runs are free to enter (e.g. parkrun).

Run Together – in addition to supporting formal running clubs EA also supports beginners' groups and programmes such as #RunAndTalk.

Membership Benefits – In addition to the £2 discount on race entry for events held under UKA licences, there are regular discounts on products and services such as gym memberships, Kukri clothing, Aftershokz headphones and IHG hotels. The Edge, a monthly e-bulletin, includes details of all the latest deals. The latest running news can be found in the fortnightly e-bulletin, The Record. If you do not receive these and would like to then go to: myathletics.englandathletics.org/portal/Members/Login to opt in.

The evening concluded with a talk by recent product of the England Marathon programme, James Westlake, who spoke of his experience as recent convert from aspiring footballer to international runner. James, who still works full time, ran for England in the Toronto Marathon (in 2:23 whilst injured) alongside "professional" athletes and said that the experience of seeing how the professionals eat, sleep and prepare for a race was invaluable. His standard training week consists of:

Monday - steady run
Tuesday - speed session
Wednesday - recovery run
Thursday - speed session
Friday - rest day
Saturday - parkrun/speed session
Sunday - long run

One final possibly useful snip of information as to how an international athlete fuels during a marathon - one gel at mile 8 then every 3 miles thereafter!

Lucille Joannes

And finally...

Booked as the post half marathon entertainment, the One Direction tribute band were something of a disappointment...

