

THE DECKCHAIR

2021 – Issue 5



INTRODUCTION

With some more usual club activity under our belts, including the 2021 handicap series, a sense of normality has returned to our harrier world and hopefully this will continue, as training, races and events start to become more regular.

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

Finally, a return to Wednesday club nights at the Nevill!





SITUATIONS VACANT!

New Coaches needed: After many years of support, due to current work and other commitments, Pru Clements, hung up her coaching whistle at the end of July.

It means the club are looking for one or more new coaches to help out on Monday nights...please speak with any of the coaches or committee, if you are interested – no experience is required and it is available to members of all standards.

A huge thank you to Pru for all her support over the years, many of us will have benefited from her expertise and guidance..

Club Secretary needed:

We are still looking for a new Secretary to replace Lucille Joannes, who stood down earlier this year. It would be a great way to get more involved in the club.

Please contact any committee member, if you want any further information.

Volunteers for Eridge 10 on September 26th:

We are going to need lots of support from members to make this club event a success. So please put the date in your diary and there will be more information shortly, about what will be needed. Thank you.



After a fallow year due to Covid, there is great news – the return of the Cross Country Season for 2021/22.

KCAA have announced the league and championship fixtures, with other events still being finalised (although the – not to be missed and open to everyone - National Cross Country Champs are planned to be at Parliament Hill in London on Saturday 26th February 2022).

More details will follow in due course...

KENT LEAGUE EVENTS

Sat 16 Oct 2021 - Swanley Park, Swanley

Sat 23 Oct 2021 - Somerhill Schools, Tonbridge

Sat 13 Nov 2021 - Danson Park, Bexley — ** No (under 70) Senior Men **

Sat 27 Nov 2021 - Footscray Meadows, Sidcup — ** No Senior Women or over 70 Men **

Sat 12 Feb 2022 - Norman Park, Bromley

KENT CHAMPIONSHIP EVENTS

Sat 4 Dec 2021 - Kent Veterans XC Champs — Central Park, Dartford — (F35+ and M40+ only)

Sat 8 Jan 2022 - Kent County XC Champs — Brands Hatch, West Kingsdown

CHEEKYS HAT TRICK

Starting with the Robertsbridge Midsummer 5k (36:49) over some deeply steep hills and sloppy mud on a Friday night, followed 2 days later by the Hawkhurst 5k (38:18) on a course rumoured to have been measured with a very large ball of wool and concluding a week later at the Out of the Blue 5k in Battle (37:14) after donning his whites for the Hurst Green First XI (Joe Root has been informed of his availability to see if he might avail of his ability), Allan 'Cheeky' Cheek landed three consecutive M70 titles, flying the deckchair in deepest Sussex.

RECENT CLUB RECORDS

Dillon Hobbs (36:16) – JM for 10k at Rye Summer Series 10k on July 9th

Will Levett (26:51) – M45 for 5 miles at Mid Kent 5 at Staplehurst on July 11th

John Hepner (66:28) - M75 for 5 miles at Mid Kent 5 at Staplehurst on July 11th

Nicola Morris (46:06) – F50 for 10k at the East Peckham 10k on August 1st

Jillian Holford (44:05) – F50 for 10k at the Run Through Kempton Park 10k on August 7th

CLUB HANDICAP SERIES 2021

The three race series for this summer, saw a total of 61 harriers competing in total, with a good number volunteering to support too – thank you!

The winner of the Speldhurst Trophy, contested by 17 people who ran all three races, was one of our newer members – Stuart Corke – who despite the best efforts of David French, kept ahead of the handicap by improving in each race (44.17, 43.02, 42.45)– Congratulations Stuart !!!

The top three were close, with Dillon Hobbs and Steve Wellstead less than 30 seconds behind and Sharon Evans being first woman and a close 4th place, 30 seconds ahead of Hayley Larkin.

7 men ran sub 40 mins over the series, with Dillon Hobbs posting the fastest time of 34.17 in race three (to go with his 34.27 and 36.02 from the prior races). Will Levett (35.05) and new member Alex Reid (35.07) posted the other quickest times of the series.

Cathy Gill ran the two fastest times amongst the women (43.12 & 43.33) with Sharon Evans having a terrific series too (47.16, 45.19, 45.10)

Late arrivals seemed a speciality this year, with Andy Joad hitching a lift back with Ben Muir in race three but special mention goes to Alan Collard, who was a little late arriving for race one, so set off alongside Dillon Hobbs and was inspired to a terrific 45:28 for a top ten finish.



2021 handicap winner, Stuart Corke

CAPE WRATH ULTRA

Starting on Sunday 8th August, Tara Taylor completed a truly amazing expedition race – the Cape Wrath Ultra. An epic eight day, multi-stage 400km journey through some of the wildest, most remote terrain in Scotland, beginning in Fort William and ending at the furthestmost North Westerly point of Scotland, at the Cape Wrath lighthouse.

The 82 runners were given a send off in glorious weather by a sole bagpiper, before their adventure into the Scottish highlands.

A first day of 34km on runnable trails was a good introduction, before a second day of 54km, with over 2000m of ascent, running between mountains and finishing on the rocky shores of Loch Horn. The one bit of Scottish wildlife all the runners were guaranteed to see were the mountain midges, which were everywhere!

Support from the volunteer crew was absolutely brilliant – every day they dismantled and re-erected a tiny village, with the catering team up at 3:00am to sort breakfast and still there serving food until after 11:00pm each night.

Day three went into Kintail, up 720m which was the highest point of the race. The 63km route saw a stunning landscape of glaciated peaks, mighty waterfalls and remote upland lochens.

Days four and five were 'relatively' short, ahead of the longest mileage day – 75km on day six.

Day seven had lots of pathless sections through real wilderness and then the final day, where barring any major disasters, all remaining 51 participants anticipated reaching the lighthouse at the finish

With an emotional last kilometre of running, Tara made it – finishing an amazing 37th of 51 finishers (from 82 who set out) in 75 hours and 17 minutes!!

As Tara said *“this expedition was never about time, only getting to the finish. The final evening was rather special as the race director presented everyone with their medals. Indeed the whole event was a little special this year. The 8 days were just an incredible journey of personal discovery – digging deep to overcome demons, finding the strength and resilience to overcome each day after a night sleeping on the ground. The real privilege, however, was being immersed in the awesome mountains of the highlands – just brilliant! My finisher's medal will be proudly displayed!”*

[Tara posted the full race report via the club e-mail on Aug 11th – a truly inspiring read and well worth looking up]



RACE REPORTS

NORTH DOWNS 30k on Sun June 27th – Keith Mitchell

Twelve Harriers made the trip to the Cyclopark in Gravesend, for the start of the challenging, mostly off road North Downs Run. Congratulations to Amelie Karlsson who placed an excellent third in the women's race, only a couple of minutes behind the winner, Nikki Woodyard from Springfield Striders.



Amelie Karlsson – third place at North Downs 30k



Ed Steele, Keith Mitchell and Richard Carter

BEWL 15 on Sunday 4th July

12 harriers took on the race around Bewl, in unseasonably muddy conditions. Dillon Hobbs landed the first JM title. Rose Sawyer and Lucille Joannes were both 3rd in their category, while Gem Stillaird was 4th in hers. 2nd claim harrier Harriet Woolley claimed 2nd SW.

EAST PECKHAM 10k on Sunday 1st August

Yet again, 12 harriers took part (possibly to enjoy the celebrations of Yorkshire Day). Amelie Karlsson ran 40:44 for a terrific first place in the womens race, while there were top ten positions for Mike Cardell and Nicola Morris, as well as a clutch of category top ten spots.

LYDD 20 MILER on Sunday 15th August

A select group of four harriers headed down to Lydd for the race, which is traditionally held in Spring, as a marathon warm up. Matt Newman (3:15) Rose Sawyer (3:29) Ana Maria Green (3:39) and Gary O'Reilly (3:43) flew the deckchair with pride on a warm day, with clear blue skies.

LONDON MARATHON NEWS

It has been confirmed that following the 2021 event on October 3rd, the 2022 edition will also be held in October (on Sunday 2nd) before returning to its usual April time slot in 2023 (on Sunday 23rd).

STOP PRESS... The Kent Grand Prix will return in 2022, starting in January... news of dates and events to follow.

CALENDAR OF EVENTS

The club have decided to introduce a new Month Ahead summary of club activities, racing etc that will be communicated to members via the e-mail group and on Facebook, with the one for September being the first one to be issued. The aim is to keep everyone aware of what is coming up, so people can get dates secured in their diaries.

This will be in addition to the existing calendar of events on the website and specific event communications.

GENTLEMEN'S TRAIN-INN EVENING

There was a splendid turnout for this years event, held on Sunday 14th August, which was warmly welcomed back by many members of the local community after a years absence (including a surprised looking Alex Reid on the late train from Tonbridge to Tunbridge Wells!)



A COUPLE OF INTERESTING FACTS FROM THE TOKYO OLYMPICS

- Alex Yee, who picked up two triathlon medals for Team GB, including a gold in the mixed relay, is a former winner of an English Schools Cross Country title (2016) and a British track 10,000 metres title (2019).
- This years GB mens 4 x 400m relay team ran almost two seconds slower than the silver medal winning GB team at the 1964 Tokyo Games – which were held on a cinder track!
- Anna Kiesenhofer was the shock winner of the women's cycle road race, winning Austria's first summer gold since 2004. She also won the Cambridge parkrun a number of times, when she studied there in 2012.



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