

**Whether you're looking for an early morning mudfest or a sociable evening canter, there's a Harriers training session to suit.**

The following runs are organised each week, but if they don't fit the bill, there will almost certainly be other members out and about with whom you can link up.

**Main club night:**

Wednesday at 19.30.

7-8 miles, normally with a 5 mile shorter option.  
Road in the winter; off-road in the summer.  
Start from The Nevill Ground, off Warwick Park.  
(Nevill Gate, Tunbridge Wells TN2 5ES).

**Speed sessions:**

Monday at 19.30.

Track session with intervals, relays and time trials.  
Supported by qualified coaches.  
Tonbridge School track.

Tuesday at 19:00.

Interval sets, different each week, but typically taking 30 minutes, plus warm up and warm down.  
On road in the winter; grass in the summer.  
Held in Tonbridge.

**Yoga for runners:**

Thursday at 19.30.

Working on body strength these group sessions are designed to be challenging but fun; a whole body workout with emphasis on the core and the muscles used in running.

Online via Zoom.

**Saturday run**

Saturday at 07:35.

About 8 miles, off-road.

Start from The King's Standing car park in the Ashdown Forest.

parkrun (Saturday 9am).

You'll also find Harriers each Saturday morning at one of the many local parkruns, so you'll have a friendly face to catch up with before or after your 5K run.

**For more information on any of the club training sessions, please visit the club website [www.twharriers.org.uk](http://www.twharriers.org.uk)**



# Interested?

To find out more visit  
[www.twharriers.org.uk](http://www.twharriers.org.uk)



## Decided you want to join already?

You can come along on a Wednesday night to see how everything works, or if you're already decided, just visit our website and go to the 'Join us' section, where there are full details on the simple process of becoming a Tunbridge Wells Harrier.



**Tunbridge Wells Harriers**  
Road • Cross Country • Track



A friendly group of runners of all abilities, who enjoy a variety of running and social events throughout the year.

**We are a friendly group of runners, who share one thing in common — the love of being outside and keeping fit.**

Some members achieve this through competing at a very high standard, while others prefer a more relaxed pace and the chance to meet up with friends.

We meet for our main club night every Wednesday at the Nevill Cricket Ground Pavilion (Nevill Gate, Tunbridge Wells TN2 5ES), off Warwick Park, ready to run at 7.00pm.

We run around 7 or 8 miles, on the road in winter and off-road on local trails and pathways in the summer, with shortcuts if this sounds too much.

After the run, there are ladies and gents changing rooms with hot showers. Most people stay for a drink in the bar and, in the winter months, we have regular talks on topics related to running, exercise and wellbeing.

**All this for just £50 a year!**

**To find out more about what Tunbridge Wells Harriers has on offer, visit [www.twharriers.org.uk](http://www.twharriers.org.uk)**



**Racing is an important part of our club – we organise two of the most popular events in the racing calendar, the Tunbridge Wells Half Marathon and the Eridge Park 10 Trail Challenge.**

**But it doesn't matter how fast you are, representing your club is fun and seeing your performance improve from race to race is really satisfying!**



**So don the famous 'deckchair' club vest and get out racing!**

We participate in a variety of open road races and league and championship cross country races throughout the year.

These are all in addition to our own club races; the cross country championship held in Hargate Forest, the road championship round the lanes of Bells Yew Green and Hawkenbury, and also a series of four, 10K time-trial road races throughout the Summer.

There are also regular club running activities, including the annual bluebell run and Christmas hash.



**It's not all running though.**

We enjoy a full and varied calendar of social events throughout the year too.

There's our annual party and awards evening in March for a start, where we all leave the Lycra and trainers at home for the night and kick up our heels for a celebration and a spot of dancing.

We also have a Summer barbecue, a curry night, plus the annual Christmas fish and chips and present night.

Each year, the club also undertakes a long weekend tour of a different National Park, with a mixture of day time running and evening socialising.

