

Feet in the Mud



A Review of the 2021-22 Cross Country Season

by

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TWH XC Captains

(Rev. A)



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1. Introduction

The 2021-22 XC season saw the first proper, non-restricted racing since the start of the Pandemic. Many were sceptical that this would be achievable with the threat of further lockdowns never far away. However, we are happy to report that all of the scheduled events were able to take place as planned.

Unlike road racing, most XC association events are not open events and club captains have to enter their competitors for races. A total of 75 Harriers signed up to run (57 men and 18 women), with a total of 309 individual runs taking place across the season. It was great to see a number of new faces as well as the return of many experienced regulars.

Over the season TWH competed at 15 XC events. With the exception of the Southern Inter Counties Championships, all of these events were open to all Harriers regardless of ability, with no need to qualify (subject to age and residency).

In this review we will detail the fixtures attended and provide a month by month account of the racing which took place, together with full TWH results and the final Kent XC League rankings.

2. The Fixtures

Kent County Athletics Association (KCAA)

KCAA host the Kent League, a series of five events in which competitors take part in four, depending on age and gender, and two championship events: the Vets (a.k.a. Masters) Championships and the main County Championships.

Kent XC League

In the past, senior men ran 10km and all senior women and men aged 70 and over ran 5km. After much discussion, KCAA decided to equalise the race distances this season, settling on 8km for both senior men and women. Women aged 65 and over, as well as men aged 70 and over, continued to run 5km as in previous years. For ease of reporting, these older competitors will be referred to as 'Super Vets'.

This season the following events were held:

- Swanley Park – Senior Men, Women & Super Vets
- Somerhill Schools – Senior Men, Women & Super Vets
- Danson Park – Senior Women & Super Vets
- Footscray Meadows – Senior Men & Super Vets
- Norman Park – Senior Men & Women

The individual results from each event are combined to produce a rankings table at the end of the season. This is based on positions in each event and the number of events completed. There are also age category rankings based on performances in each class over the season.

In addition to individual scores, there are team events consisting of 4 to score and 12 to score for the men; and 3 to score and 6 to score for the women. These are based on the first finishers from each club at each race and count towards overall team rankings for the season.

Kent XC Championships

The following championship events were held this season:

- Kent County Vets Championships, Dartford – M40+ / W35+
- Kent County XC Championships, Brands Hatch

South of the Thames Cross Country Association (SoTTCCA)

The SoTTCCA host two events every season: the 5 mile 'Team' Race and the 7.5 mile Championships. Not only is SoTTCCA one of the oldest XC associations in the country, but TWH in a former incarnation won the Men's Team race four years in a row between

1891 and 1894. Unlike other XC events, men and women run together on the same course, although the results are scored separately.

The following events were held this season:

5 mile 'Team' Race, Aldershot

7.5 Mile Championships, Beckenham Place Park

South of England Athletics Association (SEAA)

SEAA host three main XC events each season: the Relay Championships, the Masters & Inter Counties Championships, and the main Championships (a.k.a. the Southernns).

This season TWH members took part in both the Masters Championships and the Inter Counties Championships, which took place at Lloyd Park, Croydon.

England Cross Country Association (ECCA)

The ECCA 'National' XC Championships is the premier event of the season attracting a high calibre of runners from all over the country. Alternating between a northern and southern venue, this season it took place at Parliament Hill, one of the most famous cross country courses in the UK.

British Masters Athletics Federation (BMAF)

The BMAF XC Championships, which attracts masters runners from all over the country, was conveniently held at Somerhill Schools this season.

Other Events

The annual Penshurst New Year XC race, held on the first Sunday in January, was again popular with TWH members.

The season concluded with the TWH XC Championships at Hargate Forest in Tunbridge Wells.

3. The Season In Focus

October 2021

The season started with a return to the fast and gently undulating course at Swanley Park. For many of us who had not raced since the start of the Pandemic this was a shock to the system.

Former club president Allan Cheek, freed from the shackles of Saturday afternoons in the shop, made his debut appearance as a Super Vet at Swanley. Not only was he the only Harrier competitor in this class all season but sadly this was his one and only race due to a recurring knee problem.

Amelie Karlsson also made her debut for TWH in the Senior Women's race, finishing 7th overall, hinting at the kind of performance we could expect as the season progressed. We also welcomed Phillip Watkins who was also taking part in his first XC season for TWH.

After the 'warmup' at Swanley we returned to the familiar hills at Somerhill Schools in Tonbridge. Alex Reid made his debut appearance for TWH running a strong race and finishing 1st male Harrier. Maria Gandara also joined the women's team for the first time.

With the spectre of Covid never far away, our usual post race refreshment venue had to be rethought. Al fresco drinks on the decking of The Constellation Brewery, a recently opened micro brewery on the industrial estate, proved a novel experience.



Alex Reid at Somerhill

November 2021

In November, the Senior men and women had separate league events due to the limited daylight. The women made their annual trip to Danson Park where the usual multi lap, multi loop course had been upsized to meet the current race requirements by adding more loops and more laps! It is fair to say that this is not the most interesting course on the fixtures list but the race organisers had done the best they could with the limited terrain available.

This was the biggest turnout for TWH women of the season with 12 taking part.



TWH 1-2-3, Amelie Karlsson, Cathy Gill and Ali Farrall charging out of the start at Danson Park

We also welcomed Ali Farrall to the women's team for the first time, running second claim for TWH.

Due to an extremely busy fixtures schedule, the SoTTCCA 5 Mile race was scheduled for a Sunday for the first time since anyone could remember. Due to a late change in venue we ended up at Wellesley Woods just outside Aldershot. It was here that the longer SoTTCCA Championships race was held a few years ago. The longer drive resulted in a lower turnout than usual but it was worth it for the superb course which took in some lovely, undulating beech woodland.

This was Simon Swinnerton's first outing in a deckchair and his first XC race since his school days. It was also the first outing for

'The Facility', a folding picnic table sourced by Andrew Deighton which proved to be a welcome addition to the XC kit. We were particularly grateful to Ed Steele who, unable to run, still made the long journey to support and take photos.



The Facility's first outing

After a relatively dry introduction to the season, the men's outing to Footscray Meadows in Sidcup was a wet, cold and windy affair. Despite the weather, we had a big turnout of 21 Harriers, plus supporters. We also welcomed Neil 'the plumber' Simmonds to the team.

This was also the first time this season that we had to deploy the club tent and this involved the usual challenge of working out how all the parts fit together. There was much discussion about finding a better solution.

The ground had softened up substantially making the going significantly more challenging, not helped by the famous Footscray molehills. As an added bonus, the start marshal sent the runners around the wrong loop, adding extra distance to the course!



Amelie Karlsson sporting her Kent vest

Afterwards we retired to the Five Bells at Chelsfield where we had intended to sit outside but were upgraded to our own private room.

December 2021

The Kent Vets Championships took place in Dartford in early December with the usual three races: M50s, Women and M60+, and M40s. Unfortunately we didn't have enough runners for every category but we did managed to field a team in each of M50, W35, and W45.

Even though the conditions were dry, we decided to test out an alternative shelter in the form of Colin Timmins' popup gazebo. This seemed like a good idea until it took flight in the windy conditions, having not been adequately secured to the ground.

The SEAA Masters Championships took place the following weekend at Lloyd Park just outside Croydon. This coincided with the Southern Inter Counties Championships, in which Amelie Karlsson had been selected to run for Kent.

The well designed course involved undulating parkland and adjacent heathland, consisting of muddy uphill, rough downhill and sections of bog. An abandoned shoe was also spotted floating in the mud, with no sign of its owner!

It was great to be able to support Amelie in her race as well as catching up with former Harrier Alice Heather-Hayes who was running for her new county of Suffolk. Kent had a great day out, winning both Gold and Bronze team

prizes, with Amelie scoring for the Bronze team. In the Masters races, our top runner, Will Levett, made a promising start but had to pull out shortly afterwards with calf problems. Saul Harris brought it home for the TWH men in what was a challenging 10km race.

The SoTTCCA Championships was the last XC race of the year and took place the weekend before Christmas at Beckenham Place Park. Despite a record Harrier signup, only a small number made it on the day. This was partly due to a recent spike in Covid cases in London and increased numbers of people having to isolate. Dillon Hobbs, home from university, made his first XC appearance of the season, running a strong race against stiff competition to finish in 25th place overall.

January 2022

The first Sunday of 2022 saw a return of the annual Penshurst Village XC Race. This low key event always attracts a big turnout and 2022 was no exception with 45 Harriers turning up to race.

The first mile of this five mile race follows the Half Marathon route out of Penshurst before the road is left behind and the mud begins. The first field and the section though Penshurst Place were particularly muddy this time leaving a few runners questioning their choice of footwear. Deciding that six legs were better than two, Geoff Turner brought along Fergus to run in the Canicross class, finishing in second place.



Geoff Turner and Fergus in action at Penshurst

Afterwards, Neil Simmonds showed us that he was as good as any Olympic triathlete when it came to transition, rapidly transforming himself from a muddy XC runner to someone dressed for a smart lunch.

Less than a week after Penshurst, we found ourselves back at Brands Hatch for the 2022 running of the Kent County XC Championships. The exposed nature of the site on top of the North Downs, combined with the wind and rain, and the uncharacteristic amount of mud made this a far more challenging event than usual. Putting up the club tent before racing began was an ordeal in itself and prompted Andrew Deighton to officially start the search for a replacement.

We welcomed back Ed Steele who was



How many Harriers does it take to put up the club tent?

making his first racing appearance after a long absence. Will Levett was also particularly pleased to finally finish a race after numerous false starts.

February 2022

After a three month break from the Kent XC League, the senior men and women returned to an unseasonably mild and sunny Norman Park in Bromley for their final event of the series. The flattest course of the season, and dry weather in the lead up to the event, provided fast racing despite the windy conditions.

Cathy Gill put in an impressive sprint to the finish, overtaking a number of runners. However, she mistook the actual finish line, coming to a halt too soon, and had to dig very deep at the last minute to hold off the runners she had just overtaken. In the men's race, Ed Steele broke with tradition, finishing first Harrier man home instead of his usual second place :-).

There were some good end of season results for TWH in the League. Amelie Karlsson finished 3rd overall in the Senior Women's competition. TWH women also secured 3rd place overall in the 3-to-score team competition and a respectable 4th place in the 6-to-score competition. The men finished in 9th place in the 4-to-score team competition and 6th place in the 12-to-score competition.

Top TWH performances in the Vet age categories included: Sonja King 6th W35; Jillian Holford 4th W45; Lucille Joannes 11th W55; Mike King 16th M40; Dave Hadaway 11th M50; Mark Taylor 4th M60; and Nick Pierce 5th M60.

Full Kent XC League rankings for all TWH competitors can be found in Appendix 1.

The ECCA 'National' XC Championships took place at Parliament Hill at the end of February. TWH had a record turnout for

this prestigious event with 30 Harriers racing on the day.

Despite the blue sky and sunshine, this proved to be one of the muddiest XC races held at this venue in recent years. Both men's and women's races started with the traditional uphill stampede before traversing a number of undulating loops around Hamstead Heath. Once again, there were a number of discarded shoes floating in the mud leading a few of us to speculate whether this was some new form of XC barefoot running (one shoe on, one shoe off!).

We were pleased to welcome Michele Bradshaw back to XC after a long lay off as well as a number of Harriers who braved the course despite being relatively new to



Cathy Gill tackling the mud at Parliament Hill



Matt Clements' last XC race for TWH

this discipline. Sadly, this was also Matt Clements last XC race with the club before returning to Australia.

The Senior men's race had a starting field of over 2,000 runners, including Olympic gold medalist Alex Yee, who finished in 3rd place overall. Mahamed Mahamed of Southampton AC won the event for the second time in a row after demonstrating an impressive ability to skip effortlessly over the deep mud. On the way home, there was an almost continuous trail of mud from Parliament Hill via the underground to Charing Cross station!

March 2022

We made a return to Somerhill Schools in March for the British Masters XC Championships. Despite being a national event, this venue provided familiar terrain to many of the Harriers taking part and there was a strong presence from other South East clubs.

Notable performances included Michele Bradshaw who finished 6th in the W60



Will Levett after winning M45 at the BMAF Champs category and Will Levett who finished 1st in the M45 category (and 6th overall) in a hotly contested men's race.

After having to be rescheduled due to storm damage, the TWH Club XC Championships took place at the end of the month in Hargate Forest, wrapping up a very active XC season. Due to the mild weather there was not as much mud as in previous years, but still enough to provide a challenge.

Dillon Hobbs dominated the race from the start, maintaining a significant lead throughout, to win overall. Cathy Gill also put in a strong performance to finish first woman.

TWH Trophy Winners

1st Man – Dillon Hobbs

1st Woman – Cathy Gill

W35 – Sonja King

W45 – Jillian Holford

M40 – James Sarre

M50 – Martin Hobbs

There were no W55, M60, or M70 competitors present so these trophies will not be awarded this year.



Dillon Hobbs at the TWH Club XC Champs

4. Afterword

We would like to say a big thank you to all the Harriers who helped make this season a success. Not only did our top performers do the club proud, but so did all those who turned up on a regular basis, in all weathers, to race in their deckchairs. Everyone contributed to the team ethos and all have benefitted in terms of their training and fitness. In addition to the fantastic demonstration of Harrier racing over the season, the standard of cake baking would have given the WI a run for their money.

We would also like to give a special mention to all the supporters who turned up to cheer us on and those who took photos throughout the season, in particular: Sam Dranga, Ed Steele, Bob Lawrence, Allan Cheek and Andy Howey. Andy was also instrumental in coordinating the club's financial and practical assistance for the Kent Schools XC Championships at the Hop Farm in January as well as organising the TWH Club XC Championships in Hargate Forest in March.

We look forward to more XC racing action in the autumn when we will be showing off our latest kit purchase, the new TWH branded club gazebo.

Appendix 1: Kent XC League Rankings Table

Senior Women

| Pos | Name | | Class | Events | Score | Vet 35 Pos | Vet 35 Score | Vet 45 Pos | Vet 45 Score | Vet 55 Pos | Vet 55 Score | All Vets Pos | All Vets Score |
|------------|--|-------|-------|--------|-------|------------|--------------|------------|--------------|------------|--------------|--------------|----------------|
| 1 | Megan Marchant (Cambridge Harriers) | | WSen | 4 | 13 | - | - | - | - | - | - | - | - |
| 3 | Amelie Karlsson | | WSen | 4 | 28 | - | - | - | - | - | - | - | - |
| 12 | Jillian Holford | (W50) | W45 | 4 | 152 | - | - | 4 | 41 | - | - | 6 | 71 |
| 25 | Sonja King | (W40) | W35 | 4 | 302 | 6 | 72 | - | - | - | - | 19 | 189 |
| 46 | Cathy Gill | | WSen | 3 | 61 | - | - | - | - | - | - | - | - |
| 76 | Carol Tsang | | W45 | 3 | 305 | - | - | 29 | 122 | - | - | 55 | 217 |
| 80 | Smaranda Dranga | (W50) | W45 | 3 | 366 | - | - | 32 | 152 | - | - | 59 | 268 |
| 127 | Suzannah Kinsella | (W50) | W45 | 2 | 165 | - | - | 45 | 57 | - | - | 86 | 102 |
| 133 | Lesley Page | | W45 | 2 | 190 | - | - | 53 | 74 | - | - | 96 | 130 |
| 135 | Ana-Maria Green | (W55) | W45 | 2 | 191 | - | - | 52 | 73 | - | - | 94 | 125 |
| 146 | Lucille Joannes | (W60) | W55 | 2 | 231 | - | - | - | - | 11 | 18 | 101 | 156 |
| 167 | Alison Farrall | | W45 | 1 | 30 | - | - | 66 | 7 | - | - | 115 | 15 |
| 190 | Brenda Purse | (W50) | W45 | 1 | 91 | - | - | 73 | 33 | - | - | 128 | 62 |
| 194 | Rose Sawyer | (W50) | W45 | 1 | 100 | - | - | 75 | 37 | - | - | 131 | 68 |
| 198 | Maria Gandara | (W50) | W45 | 1 | 105 | - | - | 77 | 38 | - | - | 130 | 67 |
| 210 | TOTAL COMPETITORS IN CATEGORY | | | | | 40 | | 83 | | 20 | | 144 | |

Over 70 Men

| Pos | Name | Class | Events | Score |
|-----------|---|-------|--------|-------|
| 1 | Paul Ross-Davis (Bromley & Blackheath) | M70 | 4 | 6 |
| 12 | Allan Cheek | M70 | 1 | 8 |
| 14 | TOTAL COMPETITORS IN CATEGORY | | | |

Senior Men

| Pos | Name | | Class | Events | Score | Vet 40 Pos | Vet 40 Score | Vet 50 Pos | Vet 50 Score | Vet 60 Pos | Vet 60 Score | All Vets Pos | All Vets Score |
|------------|--------------------------------------|-------|-------|--------|-------|------------|--------------|------------|--------------|------------|--------------|--------------|----------------|
| 1 | Michael Ellis (Tonbridge AC) | | MSen | 4 | 22 | - | - | - | - | - | - | - | - |
| 36 | Michael King | | M40 | 4 | 477 | 16 | 155 | - | - | - | - | 26 | 234 |
| 43 | Hayden Thirkell | (M35) | MSen | 4 | 554 | - | - | - | - | - | - | - | - |
| 44 | Dave Hadaway | (M55) | M50 | 4 | 557 | - | - | 11 | 109 | - | - | 29 | 286 |
| 53 | Colin Timmins | (M55) | M50 | 4 | 658 | - | - | 17 | 149 | - | - | 37 | 365 |
| 59 | Simon Holford | | M50 | 4 | 731 | - | - | 20 | 175 | - | - | 42 | 423 |
| 63 | Michael Russell | (M55) | M50 | 4 | 782 | - | - | 21 | 198 | - | - | 45 | 470 |
| 72 | Mark Taylor | (M65) | M60 | 4 | 860 | - | - | - | - | 4 | 37 | 54 | 546 |
| 73 | Nick Pierce | (M65) | M60 | 4 | 868 | - | - | - | - | 5 | 40 | 55 | 554 |
| 109 | James Sarre | (M45) | M40 | 3 | 226 | 34 | 64 | - | - | - | - | 69 | 76 |
| 112 | Matthew Clements | (M45) | M40 | 3 | 264 | 36 | 81 | - | - | - | - | 74 | 105 |
| 141 | Saul Harris | | M50 | 3 | 483 | - | - | 36 | 101 | - | - | 91 | 264 |
| 146 | George Harris | (M45) | M40 | 3 | 524 | 45 | 163 | - | - | - | - | 94 | 293 |
| 152 | Christopher Walmsley | (M45) | M40 | 3 | 549 | 48 | 183 | - | - | - | - | 104 | 334 |
| 153 | Terry Everest | | M40 | 3 | 555 | 51 | 186 | - | - | - | - | 101 | 321 |
| 161 | Andy Page | (M55) | M50 | 3 | 629 | - | - | 45 | 179 | - | - | 111 | 409 |
| 178 | Alexander Jeffreys | | MSen | 2 | 41 | - | - | - | - | - | - | - | - |
| 196 | Matthew Ferris | | MSen | 2 | 127 | - | - | - | - | - | - | - | - |
| 210 | Tom Pollard | | MSen | 2 | 175 | - | - | - | - | - | - | - | - |
| 216 | Alexander Holmes | | M40 | 2 | 195 | 63 | 56 | - | - | - | - | 132 | 76 |
| 217 | Richard Carter | | M40 | 2 | 199 | 65 | 58 | - | - | - | - | 133 | 80 |
| 230 | Simon Howden | | M50 | 2 | 255 | - | - | 60 | 41 | - | - | 145 | 126 |
| 250 | Neil Simmonds | | M50 | 2 | 352 | - | - | 66 | 89 | - | - | 165 | 211 |
| 256 | Andrew Deighton | (M55) | M50 | 2 | 379 | - | - | 72 | 103 | - | - | 167 | 237 |
| 266 | Duncan Ralph | (M55) | M50 | 2 | 425 | - | - | 75 | 114 | - | - | 176 | 260 |
| 270 | Colin Ricketts | (M55) | M50 | 2 | 449 | - | - | 77 | 122 | - | - | 182 | 283 |
| 276 | Philip Watkins | | M50 | 2 | 468 | - | - | 79 | 130 | - | - | 183 | 296 |
| 300 | Alex Reid | | MSen | 1 | 32 | - | - | - | - | - | - | - | - |
| 314 | Patrick Bareham | (M35) | MSen | 1 | 53 | - | - | - | - | - | - | - | - |
| 315 | Edward Steele | (M35) | MSen | 1 | 55 | - | - | - | - | - | - | - | - |
| 328 | Kieran Fitzpatrick | | M40 | 1 | 86 | ? | ? | - | - | - | - | ? | ? |
| 329 | Michael Staddon | | MSen | 1 | 87 | - | - | - | - | - | - | - | - |
| 334 | Alex Blackall | | MSen | 1 | 96 | - | - | - | - | - | - | - | - |
| 345 | Geoff Turner | (M55) | M50 | 1 | 122 | - | - | 85 | 19 | - | - | 207 | 61 |
| 357 | Robert Winter | | M40 | 1 | 146 | 97 | 42 | - | - | - | - | 216 | 77 |
| 363 | Simon Whitaker | | M50 | 1 | 159 | - | - | 98 | 40 | - | - | 224 | 90 |
| 365 | Anthony Brown | (M35) | MSen | 1 | 161 | - | - | - | - | - | - | - | - |
| 368 | Matthew Trainer | (M45) | M40 | 1 | 166 | 105 | 61 | - | - | - | - | 226 | 98 |
| 396 | Jakob Mirzabaigian | | MSen | 1 | 224 | - | - | - | - | - | - | - | - |
| 399 | Mel Taylor | (M55) | M50 | 1 | 237 | - | - | 111 | 65 | - | - | 246 | 143 |
| 406 | Gary Oreilly | | M60 | 1 | 253 | - | - | - | - | - | - | 257 | 175 |
| 410 | TOTAL COMPETITORS IN CATEGORY | | | | | 113 | | 116 | | 29 | | 260 | |

Appendix 2: Results Tables

Kent XC League: Swanley Park, 16 Oct 2021

Masters 70 Men 4,860m Individual Results

| Pos | Bib | Name | Class | Club | Time |
|-----------|------------------|------------------|-------|----------------------|-------|
| 1 | 462 | Paul Ross-Davies | M70 | Blackheath & Bromley | 24:38 |
| 8 | 475 | Allan Cheek | M70 | TWH | 30:59 |
| 12 | FINISHERS | | | | |

Senior Women 8,010m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|-----------------|-------|-------|--------------------|-------|------|
| 1 | 649 | Holly Dixon | | WSen | Cambridge Harriers | 30:55 | |
| 7 | 821 | Amelie Karlsson | | WSen | TWH | 34:01 | 3 |
| 18 | 817 | Cathy Gill | | WSen | TWH | 35:50 | 3 |
| 35 | 819 | Jillian Holford | (W50) | W45 | TWH | 38:13 | 3 |
| 76 | 822 | Sonja King | (W40) | W35 | TWH | 42:10 | 6 |
| 84 | 824 | Lesley Page | | W45 | TWH | 43:36 | 6 |
| 91 | 825 | Brenda Purse | (W50) | W45 | TWH | 44:31 | 6 |
| 97 | 828 | Carol Tsang | | W45 | TWH | 45:29 | |
| 127 | 814 | Smaranda Dranga | (W50) | W45 | TWH | 66:30 | |
| 127 | FINISHERS | | | | | | |

Senior Men 8,010m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|----------------------|-------|-------|--------------|-------|------|
| 1 | 1227 | Jamie Goodge | | MSen | Tonbridge AC | 26:36 | |
| 25 | 1265 | Alexander Jeffreys | | MSen | TWH | 30:01 | 4 |
| 74 | 1279 | James Sarre | (M45) | M40 | TWH | 33:03 | 4 |
| 84 | 1274 | Tom Pollard | | MSen | TWH | 33:31 | 4 |
| 97 | 1263 | Alexander Holmes | | M40 | TWH | 34:11 | 4 |
| 100 | 1253 | Richard Carter | | M40 | TWH | 34:21 | 12 |
| 126 | 1264 | Simon Howden | | M50 | TWH | 35:29 | 12 |
| 135 | 1267 | Michael King | | M40 | TWH | 35:48 | 12 |
| 150 | 1259 | Dave Hadaway | (M55) | M50 | TWH | 36:31 | 12 |
| 155 | 1285 | Hayden Thirkell | (M35) | MSen | TWH | 36:41 | 12 |
| 166 | 1287 | Matthew Trainer | (M45) | M40 | TWH | 37:00 | 12 |
| 176 | 1261 | Saul Harris | | M50 | TWH | 37:25 | 12 |
| 186 | 1286 | Colin Timmins | (M55) | M50 | TWH | 37:50 | 12 |
| 194 | 1255 | Terry Everest | | M40 | TWH | 38:27 | |
| 208 | 1262 | Simon Holford | | M50 | TWH | 39:26 | |
| 214 | 1278 | Michael Russell | (M55) | M50 | TWH | 40:01 | |
| 224 | 1269 | Jakob Mirzabaigian | | MSen | TWH | 41:05 | |
| 234 | 1289 | Christopher Walmsley | (M45) | M40 | TWH | 41:31 | |
| 236 | 1290 | Philip Watkins | | M50 | TWH | 41:53 | |
| 238 | 1272 | Andy Page | (M55) | M50 | TWH | 42:01 | |
| 242 | 1273 | Nick Pierce | (M65) | M60 | TWH | 42:26 | |
| 243 | 1283 | Mark Taylor | (M65) | M60 | TWH | 42:28 | |
| 253 | 1271 | Gary Oreilly | | M60 | TWH | 44:02 | |
| 268 | FINISHERS | | | | | | |

Kent XC League: Somerhill Schools, 23 Oct 2021

Senior Women 8,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|-------------------|-------|-------|--------------------|-------|------|
| 1 | 649 | Holly Dixon | | WSen | Cambridge Harriers | 30:10 | |
| 13 | 821 | Amelie Karlsson | | WSen | TWH | 33:23 | 3 |
| 43 | 819 | Jillian Holford | (W50) | W45 | TWH | 37:47 | 3 |
| 77 | 823 | Suzannah Kinsella | (W50) | W45 | TWH | 41:43 | 3 |
| 78 | 822 | Sonja King | (W40) | W35 | TWH | 41:53 | 6 |
| 86 | 818 | Ana-Maria Green | (W50) | W45 | TWH | 42:13 | 6 |
| 105 | 816 | Maria Gandara | (W50) | W45 | TWH | 48:55 | 6 |
| 107 | 820 | Lucille Joannes | (W60) | W55 | TWH | 49:57 | |
| 123 | FINISHERS | | | | | | |

Senior Men 8,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|------------------|-------|-------|--------------|-------|------|
| 1 | 1227 | Jamie Goodge | | MSen | Tonbridge AC | 26:00 | |
| 32 | 1276 | Alex Reid | | MSen | TWH | 29:36 | 4 |
| 53 | 1341 | Patrick Bareham | | MSen | TWH | 30:55 | 4 |
| 81 | 1279 | James Sarre | (M45) | M40 | TWH | 32:17 | 4 |
| 87 | 1343 | Matthew Clements | (M45) | M40 | TWH | 32:40 | 4 |
| 91 | 1274 | Tom Pollard | | MSen | TWH | 33:05 | 12 |
| 98 | 1263 | Alexander Holmes | | M40 | TWH | 33:21 | 12 |
| 99 | 1253 | Richard Carter | | M40 | TWH | 33:22 | 12 |
| 129 | 1264 | Simon Howden | | M50 | TWH | 34:36 | 12 |
| 148 | 1285 | Hayden Thirkell | (M35) | MSen | TWH | 35:28 | 12 |
| 149 | 1259 | Dave Hadaway | (M55) | M50 | TWH | 35:29 | 12 |
| 161 | 1252 | Anthony Brown | (M35) | MSen | TWH | 36:10 | 12 |
| 171 | 1267 | Michael King | | M40 | TWH | 36:26 | 12 |
| 178 | 1261 | Saul Harris | (M50) | M50 | TWH | 36:55 | |
| 182 | 1286 | Colin Timmins | (M55) | M50 | TWH | 37:21 | |
| 201 | 1255 | Terry Everest | | M40 | TWH | 39:03 | |
| 211 | 1260 | George Harris | (M45) | M40 | TWH | 39:36 | |
| 213 | 1262 | Simon Holford | | M50 | TWH | 39:42 | |
| 216 | 1278 | Michael Russell | (M55) | M50 | TWH | 40:12 | |
| 227 | 1283 | Mark Taylor | (M65) | M60 | TWH | 41:19 | |
| 228 | 1275 | Duncan Ralph | (M55) | M50 | TWH | 41:29 | |
| 232 | 1290 | Philip Watkins | | M50 | TWH | 41:44 | |
| 233 | 1273 | Nick Pierce | (M65) | M60 | TWH | 41:52 | |
| 237 | 1284 | Mel Taylor | (M55) | M50 | TWH | 42:22 | |
| 248 | 1277 | Colin Ricketts | (M55) | M50 | TWH | 45:01 | |
| 256 | FINISHERS | | | | | | |

Kent XC League: Danson Park, 13 Nov 2021

Senior Women 7,950m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|-------------------|-------|-------|--------------|-------|------|
| 1 | 798 | Verity Hopkins | | WSen | Tonbridge AC | 29:11 | |
| 4 | 821 | Amelie Karlsson | | WSen | TWH | 30:34 | 3 |
| 23 | 817 | Cathy Gill | | WSen | TWH | 32:57 | 3 |
| 30 | 1371 | Alison Farrall | | W45 | TWH | 33:43 | 3 |
| 35 | 819 | Jillian Holford | (W50) | W45 | TWH | 34:26 | 6 |
| 86 | 822 | Sonja King | (W40) | W35 | TWH | 38:43 | 6 |
| 88 | 823 | Suzannah Kinsella | (W50) | W45 | TWH | 38:48 | 6 |
| 100 | 826 | Rose Sawyer | (W50) | W45 | TWH | 39:46 | |
| 105 | 818 | Ana-Maria Green | (W50) | W45 | TWH | 40:22 | |
| 106 | 824 | Lesley Page | | W45 | TWH | 40:25 | |
| 114 | 828 | Carol Tsang | | W45 | TWH | 42:00 | |
| 124 | 820 | Lucille Joannes | (W60) | W55 | TWH | 44:58 | |
| 139 | 814 | Smaranda Dranga | (W50) | W45 | TWH | 60:13 | |
| 139 | FINISHERS | | | | | | |

SoTTCCA 5 Mile 'Team' Race, Aldershot, 21 Nov 2021

| M Pos | W Pos | Name | Class | Club | Time | Team |
|-----------|-----------|----------------------|-------|--------------------------|-------|-------|
| 1 | | Andy Coley-Maud | MSen | Guildford & Godalming AC | 26:02 | |
| 13 | | Sam Begg | MSen | G&G | 28:55 | |
| 25 | | Alexander Jeffreys | MSen | TWH | 30:00 | Men A |
| | 1 | Emily Wicks | WSen | Aldershot, F, & D AC | 30:11 | |
| | 16 | Jillian Holford | W50 | TWH | 37:44 | |
| 69 | | Simon Holford | M50 | TWH | 38:02 | Men A |
| 71 | | Christopher Walmsley | M45 | TWH | 38:14 | Men A |
| 74 | | Simon Swinnerton | M45 | TWH | 38:28 | Men A |
| 76 | | George Harris | M45 | TWH | 39:26 | Men B |
| 78 | | Michael Russell | M55 | TWH | 40:19 | Men B |
| 81 | | Andrew Deighton | M55 | TWH | 41:16 | Men B |
| 83 | | Nick Pierce | M65 | TWH | 42:37 | Men B |
| | DNF | Smaranda Dranga | W50 | TWH | | |
| 84 | 32 | FINISHERS | | | | |

Kent XC League: Footscray Meadows, 27 Nov 2021

Senior Men 8,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|----------------------|-------|-------|--------------|-------|------|
| 1 | 1245 | Stephen Strange | | MSen | Tonbridge AC | 27:48 | |
| 16 | 1265 | Alexander Jeffreys | | MSen | TWH | 30:21 | 4 |
| 66 | 1256 | Matthew Ferris | | MSen | TWH | 34:10 | 4 |
| 70 | 1279 | James Sarre | (M45) | M40 | TWH | 34:28 | 4 |
| 82 | 1343 | Matthew Clements | (M45) | M40 | TWH | 35:20 | 4 |
| 85 | 1257 | Kieran Fitzpatrick | (M35) | MSen | TWH | 35:28 | 12 |
| 86 | 1267 | Michael King | | M40 | TWH | 35:32 | 12 |
| 95 | 1392 | Alex Blackall | | MSen | TWH | 36:05 | 12 |
| 120 | 1285 | Hayden Thirkell | (M35) | MSen | TWH | 37:24 | 12 |
| 126 | 1259 | Dave Hadaway | (M55) | M50 | TWH | 37:46 | 12 |
| 145 | 1293 | Robert Winter | | M40 | TWH | 39:10 | 12 |
| 149 | 1286 | Colin Timmins | (M55) | M50 | TWH | 39:34 | 12 |
| 152 | 1262 | Simon Holford | | M50 | TWH | 40:07 | 12 |
| 153 | 1289 | Christopher Walmsley | (M45) | M40 | TWH | 40:11 | |
| 158 | 1291 | Simon Whitaker | | M50 | TWH | 40:41 | |
| 161 | 1260 | George Harris | (M45) | M40 | TWH | 40:51 | |
| 165 | 1278 | Michael Russell | (M55) | M50 | TWH | 41:13 | |
| 171 | 1394 | Neil Simmonds | | M50 | TWH | 41:51 | |
| 186 | 1254 | Andrew Deighton | (M55) | M50 | TWH | 43:42 | |
| 191 | 1283 | Mark Taylor | (M65) | M60 | TWH | 44:20 | |
| 195 | 1272 | Andy Page | (M55) | M50 | TWH | 44:46 | |
| 196 | 1273 | Nick Pierce | (M65) | M60 | TWH | 44:53 | |
| 211 | FINISHERS | | | | | | |

Kent County Vets XC Champs, Dartford, 4 Dec 2021

Race 1 (M50) 8,700m Individual Results

| Pos | Bib | Name | | Club | Time | Team |
|-----------|------------------|-----------------|-------|--------------|-------|------|
| 1 | 104 | Ben Reynolds | (M55) | Tonbridge AC | 30:30 | |
| 34 | 111 | Dave Hadaway | (M55) | TWH | 36:19 | 4 |
| 52 | 112 | Saul Harris | | TWH | 37:43 | 4 |
| 55 | 118 | Colin Timmins | (M55) | TWH | 38:04 | 4 |
| 63 | 113 | Simon Holford | | TWH | 38:58 | 4 |
| 71 | 117 | Michael Russell | (M55) | TWH | 41:22 | |
| 72 | 110 | Andrew Deighton | (M55) | TWH | 41:28 | |
| 78 | 116 | Andrew Page | (M55) | TWH | 43:29 | |
| 83 | FINISHERS | | | | | |

Race 2 (W35) 5,400m Individual Results

| Pos | Bib | Name | | Club | Time | Team |
|-----------|------------------|-----------------|-------|----------|-------|------|
| 1 | 209 | Hannah Roberts | (W40) | Dartford | 20:19 | |
| 15 | 293 | Jillian Holford | (W50) | TWH | 23:33 | 3 |
| 21 | 233 | Gemma Stilliard | (W40) | TWH | 25:38 | 3 |
| 23 | 232 | Sonja King | (W40) | TWH | 25:58 | 3 |
| 32 | FINISHERS | | | | | |

Race 2 (W45) 5,400m Individual Results

| Pos | Bib | Name | | Club | Time | Team |
|-----------|------------------|-----------------|-------|--------------------|-------|------|
| 1 | 247 | Julie Backley | (W50) | Cambridge Harriers | 21:22 | |
| 30 | 295 | Rose Sawyer | (W50) | TWH | 26:30 | 3 |
| 38 | 294 | Lesley Page | | TWH | 27:26 | 3 |
| 52 | 292 | Smaranda Dranga | (W50) | TWH | 40:18 | 3 |
| 52 | FINISHERS | | | | | |

Race 2 (W55) 5,400m Individual Results

| Pos | Bib | Name | | Club | Time | Team |
|-----------|------------------|-----------------|-------|---------|-------|------|
| 1 | 311 | Clare Elms | | Dulwich | 20:54 | |
| 16 | 321 | Lucille Joannes | (W60) | TWH | 30:14 | |
| 21 | FINISHERS | | | | | |

Race 2 (M60) 5,400m Individual Results

| Pos | Bib | Name | | Club | Time | Team |
|-----------|------------------|-------------------|-------|---------|-------|------|
| 1 | 147 | Roger Beardsworth | | Kent AC | 21:04 | |
| 27 | 164 | Mark Taylor | (M65) | TWH | 26:32 | |
| 40 | FINISHERS | | | | | |

Race 3 (M40) 8,700m Individual Results

| Pos | Bib | Name | | Club | Time | Team |
|-----------|------------------|----------------------|-------|----------------------|-------|------|
| 1 | 341 | Micah Evans | | Bromley & Blackheath | 28:58 | |
| 26 | 401 | James Sarre | (M45) | TWH | 33:30 | |
| 52 | 402 | Christopher Walmsley | (M45) | TWH | 39:15 | |
| 54 | FINISHERS | | | | | |

SEAA Masters & IC XC Champs, Lloyd Park, 11 Dec 2021

Inter County XC Champs, Senior Women, 6,000m Individual Results

| Pos | Bib | Name | Club | Time | Team |
|-----------|------------------|-----------------|---------------------------|-------|--------|
| 1 | 1279 | Holly Dixon | Kent (Cambridge Harriers) | 23:54 | Gold |
| 25 | 1283 | Amelie Karlsson | Kent (TWH) | 26:38 | Bronze |
| 63 | FINISHERS | | | | |

SEAA Masters XC Champs (W40-49) 6,000m Individual Results

| Pos | Bib | Name | | Club | Time |
|-----------|------------------|-----------------|-------|-------------------------------|-------|
| 1 | 8 | Carole Coulon | | Blackheath & Bromley Harriers | 26:40 |
| 25 | 74 | Jillian Holford | (W50) | TWH | 30:44 |
| 49 | 75 | Sonja King | | TWH | 34:40 |
| 57 | FINISHERS | | | | |

SEAA Masters XC Champs (M40, M50, M60) 10,000m Individual Results

| Pos | Bib | Name | Class | Club | Time |
|------------|------------------|-----------------|-------|---------------|-------|
| 1 | 296 | Nicholas Torry | M40 | Serpentine RC | 33:54 |
| 163 | 477 | Saul Harris | M50 | TWH | 46:08 |
| 174 | 339 | Robert Winter | M40 | TWH | 46:27 |
| 182 | 335 | George Harris | M40 | TWH | 46:58 |
| 189 | 478 | Simon Holford | M50 | TWH | 47:42 |
| 194 | 480 | Michael Russell | M50 | TWH | 48:48 |
| 201 | 338 | Chris Walmsley | M40 | TWH | 49:17 |
| 227 | 557 | Nick Pierce | M60 | TWH | 53:52 |
| DNF | | Will Levett | M40 | TWH | |
| 233 | FINISHERS | | | | |

SoTTCCA Champs, Beckenham Place Park, 18 Dec 2021

| Pos | M Pos | W Pos | Name | Class | Club | Time |
|------------|------------|-----------|------------------|-------|-------------------|-------|
| 1 | 1 | | Jamie Goodge | MSen | Tonbridge AC | 39:10 |
| 25 | 25 | | Dillon Hobbs | MSen | TWH | 43:55 |
| 55 | | 1 | Rachel Brown | WSen | Belgrave Harriers | 46:27 |
| 151 | 131 | | Michael King | M40 | TWH | 54:08 |
| 152 | 132 | | Hayden Thirkell | MSen | TWH | 54:17 |
| 161 | 137 | | Colin Timmins | M55 | TWH | 54:53 |
| 173 | 146 | | George Harris | M45 | TWH | 55:50 |
| 179 | | 28 | Jillian Holford | W50 | TWH | 56:11 |
| 211 | 166 | | Michael Russell | M55 | TWH | 59:23 |
| 218 | 170 | | Andrew Deighton | M55 | TWH | 60:58 |
| 231 | 175 | | Nick Pierce | M65 | TWH | 62:43 |
| 232 | | 55 | Rose Sawyer | W50 | TWH | 62:48 |
| 242 | 178 | | Duncan Ralph | M55 | TWH | 64:05 |
| 250 | | 67 | Ana-Maria Green | W55 | TWH | 65:39 |
| 256 | | 70 | Amanda Smith | W50 | TWH | 67:37 |
| 263 | | 76 | Lucille Joannes | W55 | TWH | 73:30 |
| 273 | 187 | 84 | FINISHERS | | | |

Penshurst Village 5 Mile XC Race, 2 Jan 2022

| Pos | Name | Class | Club | Time |
|------------|--------------------------|-------|--------------|-------|
| 1 | James Kingston | MSen | Tonbridge AC | 27:57 |
| 4 | Patrick Bareham | MSen | TWH | 32:14 |
| 7 | Keith Mitchell | M40 | TWH | 32:47 |
| 8 | James Sarre | M45 | TWH | 33:07 |
| 10 | Matt Ferris | MSen | TWH | 33:26 |
| 11 | Richard Carter | M40 | TWH | 33:27 |
| 16 | Alex Holmes | M40 | TWH | 34:11 |
| 18 | Matt Clements | M45 | TWH | 34:21 |
| 21 | Andrea Berquez | WSen | Unattached | 34:50 |
| 22 | Kieran Fitzpatrick | MSen | TWH | 35:16 |
| 23 | Andy Eames | MSen | TWH | 35:23 |
| 25 | Dave Hadaway | M55 | TWH | 36:06 |
| 27 | Mike King | M40 | TWH | 36:15 |
| 28 | Saul Harris | M50 | TWH | 36:17 |
| 31 | Alan Collard | M55 | TWH | 36:33 |
| 34 | Andrew Shepherd | MSen | TWH | 36:52 |
| 35 | Jillian Holford | W50 | TWH | 36:56 |
| 36 | Rob Winter | M40 | TWH | 36:59 |
| 38 | Geoff Turner (Canicross) | M55 | TWH | 37:02 |
| 39 | Simon Holford | M50 | TWH | 37:07 |
| 44 | Pru Clements | W45 | TWH | 38:02 |
| 46 | Stewart McIlwham | M55 | TWH | 38:19 |
| 60 | Richard Quartermaine | M45 | TWH | 39:07 |
| 62 | Ken MacSporran | M45 | TWH | 39:13 |
| 64 | Andy Joad | M55 | TWH | 39:19 |
| 65 | Simon Whitaker | M50 | TWH | 39:28 |
| 73 | Hayden Thirkell | MSen | TWH | 39:52 |
| 81 | Martin Hobbs | M50 | TWH | 40:22 |
| 84 | Steve Austin | M60 | TWH | 40:43 |
| 91 | Casper Morris | M45 | TWH | 41:11 |
| 92 | Matthew Trainer | M45 | TWH | 41:12 |
| 101 | Adrian Paisey | M40 | TWH | 41:45 |
| 108 | Nick Pierce | M65 | TWH | 42:27 |
| 110 | Mark Taylor | M65 | TWH | 42:49 |
| 118 | Suzannah Kinsella | W50 | TWH | 43:36 |
| 123 | Rose Sawyer | W50 | TWH | 44:11 |
| 124 | Matt Newman | M40 | TWH | 44:43 |
| 128 | Clare Andrew | W45 | TWH | 45:10 |
| 132 | Amanda Smith | W50 | TWH | 45:21 |
| 145 | Gary O'Reilly | M60 | TWH | 47:39 |
| 149 | Simon Howden | M50 | TWH | 48:31 |
| 165 | Lucille Joannes | W60 | TWH | 50:21 |
| 167 | Paul Eames | M65 | TWH | 50:36 |
| 175 | Susan Liu Jones | W40 | TWH | 53:28 |
| 198 | Carol Tsang | W45 | TWH | 59:09 |
| 199 | Susan Northcote | W55 | TWH | 59:09 |
| 212 | FINISHERS | | | |

Kent County XC Champs, Brands Hatch, 8 Jan 2022

Senior Women 8,350m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|-----------------|-------|-------|--------------|-------|------|
| 1 | 611 | Lucy Reid | | WSen | Tonbridge AC | 33:07 | |
| 5 | 619 | Amelie Karlsson | | WSen | TWH | 35:47 | 3 |
| 39 | 616 | Cathy Gill | | WSen | TWH | 41:05 | 3 |
| 50 | 618 | Jillian Holford | (W50) | W45 | TWH | 42:20 | 3 |
| 79 | 620 | Sonja King | (W40) | W35 | TWH | 46:17 | 6 |
| 99 | 622 | Amanda Smith | (W50) | W45 | TWH | 50:01 | 6 |
| 104 | 617 | Ana-Maria Green | | W55 | TWH | 51:29 | 6 |
| 114 | FINISHERS | | | | | | |

Senior Men 12,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|----------------------|-------|-------|--------------|-------|------|
| 1 | 887 | Jamie Goodge | | MSen | Tonbridge AC | 41:41 | |
| 18 | 919 | William Levett | (M45) | M40 | TWH | 45:19 | 6 |
| 26 | 917 | Alexander Jeffreys | | MSen | TWH | 46:42 | 6 |
| 56 | 912 | Patrick Bareham | (M35) | MSen | TWH | 49:40 | 6 |
| 66 | 924 | Edward Steele | (M35) | MSen | TWH | 50:20 | 6 |
| 132 | 918 | Michael King | | M40 | TWH | 56:43 | 6 |
| 145 | 925 | Hayden Thirkell | (M35) | M35 | TWH | 57:51 | 6 |
| 154 | 915 | Saul Harris | | M50 | TWH | 59:01 | 12 |
| 164 | 927 | Geoff Turner | (M55) | M50 | TWH | 60:21 | 12 |
| 168 | 926 | Colin Timmins | (M55) | M50 | TWH | 60:58 | 12 |
| 169 | 928 | Christopher Walmsley | (M45) | M40 | TWH | 61:10 | 12 |
| 170 | 914 | George Harris | (M45) | M40 | TWH | 61:18 | 12 |
| 175 | 916 | Simon Holford | | M50 | TWH | 62:45 | 12 |
| 179 | 922 | Michael Russell | (M55) | M50 | TWH | 64:02 | |
| 187 | 913 | Andrew Deighton | (M55) | M50 | TWH | 66:31 | |
| 189 | 921 | Duncan Ralph | (M55) | M50 | TWH | 68:14 | |
| 192 | 920 | Nick Pierce | (M65) | M60 | TWH | 68:14 | |
| 203 | FINISHERS | | | | | | |

Kent XC League: Norman Park, 12 Feb 2022

Senior Women 8,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|-----------------|-------|-------|--------------------|-------|------|
| 1 | 655 | Megan Marchant | | WSen | Cambridge Harriers | 29:41 | |
| 4 | 821 | Amelie Karlsson | | WSen | TWH | 30:33 | 3 |
| 20 | 817 | Cathy Gill | | WSen | TWH | 33:17 | 3 |
| 39 | 819 | Jillian Holford | (W50) | W45 | TWH | 35:14 | 3 |
| 62 | 822 | Sonja King | (W40) | W35 | TWH | 39:04 | 6 |
| 94 | 828 | Carol Tsang | | W45 | TWH | 47:27 | 6 |
| 100 | 814 | Smaranda Dranga | (W50) | W45 | TWH | 56:25 | 6 |
| 100 | FINISHERS | | | | | | |

Senior Men 8,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|------------|------------------|----------------------|-------|-------|--------------|-------|------|
| 1 | 1413 | Corey De'ath | | MSen | Tonbridge AC | 24:40 | |
| 55 | 1281 | Edward Steele | (M35) | MSen | TWH | 29:33 | 4 |
| 60 | 1256 | Matthew Ferris | | MSen | TWH | 29:55 | 4 |
| 84 | 1267 | Michael King | | M40 | TWH | 31:24 | 4 |
| 87 | 1280 | Michael Staddon | | MSen | TWH | 31:25 | 4 |
| 94 | 1343 | Matthew Clements | (M45) | M40 | TWH | 31:41 | 12 |
| 122 | 1288 | Geoff Turner | (M55) | M50 | TWH | 33:28 | 12 |
| 127 | 1416 | Alan Collard | (M55) | M50 | TWH | 33:53 | 12 |
| 129 | 1261 | Saul Harris | | M50 | TWH | 33:55 | 12 |
| 130 | 1285 | Hayden Thirkell | (M35) | MSen | TWH | 33:59 | 12 |
| 131 | 1259 | Dave Hadaway | (M55) | M50 | TWH | 34:01 | 12 |
| 140 | 1286 | Colin Timmins | (M55) | M50 | TWH | 34:21 | 12 |
| 151 | 1260 | George Harris | (M45) | M40 | TWH | 35:11 | 12 |
| 157 | 1262 | Simon Holford | | M50 | TWH | 35:36 | |
| 160 | 1255 | Terry Everest | | M40 | TWH | 35:53 | |
| 161 | 1289 | Christopher Walmsley | (M45) | M40 | TWH | 35:55 | |
| 180 | 1394 | Neil Simmonds | | M50 | TWH | 37:53 | |
| 186 | 1278 | Michael Russell | (M55) | M50 | TWH | 38:10 | |
| 192 | 1254 | Andrew Deighton | (M55) | M50 | TWH | 39:01 | |
| 195 | 1272 | Andy Page | (M55) | M50 | TWH | 39:07 | |
| 196 | 1273 | Nick Pierce | (M65) | M60 | TWH | 39:09 | |
| 197 | 1275 | Duncan Ralph | (M55) | M50 | TWH | 39:16 | |
| 198 | 1283 | Mark Taylor | (M65) | M60 | TWH | 39:19 | |
| 201 | 1277 | Colin Ricketts | (M55) | M50 | TWH | 39:40 | |
| 215 | FINISHERS | | | | | | |

ECCA (National) XC Champs, Parliament Hill, 26 Feb 2022

Senior Women 8,000m Individual Results

| Pos | Bib | Name | | Class | Club | Time | Team |
|--------------|------------------|-------------------|--|-------|------------|-------|------|
| 1 | 4999 | Jessica Gibbon | | WSen | Reading AC | 29:00 | |
| 242 | 5308 | Cathy Gill | | WSen | TWH | 37:34 | 4 |
| 484 | 5309 | Jillian Holford | | W45 | TWH | 42:13 | 4 |
| 739 | 5307 | Michele Bradshaw | | W55 | TWH | 47:42 | 4 |
| 760 | 5310 | Suzannah Kinsella | | W45 | TWH | 48:24 | 4 |
| 908 | 5312 | Carol Tsang | | W45 | TWH | 54:05 | |
| 1,010 | FINISHERS | | | | | | |

Senior Men 12,000m Individual Results

| Pos | Bib | Name | Class | Club | Time | Team |
|--------------|------------------|----------------------|-------|----------------|-------|------|
| 1 | 8312 | Mahamed Mahamed | MSen | Southampton AC | 40:52 | |
| 160 | 8742 | William Levett | M40 | TWH | 47:22 | 6 |
| 363 | 8739 | Alexander Jeffreys | MSen | TWH | 50:46 | 6 |
| 760 | 8749 | Edward Steele | MSen | TWH | 56:06 | 6 |
| 818 | 8746 | Alex Reid | MSen | TWH | 56:59 | 6 |
| 854 | 8748 | James Sarre | M40 | TWH | 57:29 | 6 |
| 1066 | 8729 | Matthew Ferris | MSen | TWH | 60:27 | 6 |
| 1131 | 8726 | Matthew Clements | M40 | TWH | 61:19 | |
| 1180 | 8741 | Mike King | M40 | TWH | 61:56 | |
| 1251 | 8733 | Dave Hadaway | M50 | TWH | 63:01 | |
| 1325 | 8743 | Ken MacSporran | M40 | TWH | 64:07 | |
| 1348 | 8753 | Geoff Turner | M50 | TWH | 64:29 | |
| 1468 | 8751 | Hayden Thirkell | MSen | TWH | 66:41 | |
| 1503 | 8734 | George Harris | M40 | TWH | 67:23 | |
| 1523 | 8752 | Colin Timmins | M50 | TWH | 67:46 | |
| 1532 | 8740 | Andrew Joad | M50 | TWH | 67:52 | |
| 1650 | 8736 | Simon Holford | M50 | TWH | 70:01 | |
| 1660 | 8754 | Christopher Walmsley | M40 | TWH | 70:10 | |
| 1684 | 8732 | Paul Gregory | MSen | TWH | 70:33 | |
| 1729 | 8756 | Robert Winter | M40 | TWH | 71:22 | |
| 1861 | 8723 | Stephen Austin | M60 | TWH | 74:44 | |
| 1877 | 8750 | Simon Swinnerton | M40 | TWH | 75:14 | |
| 1899 | 8747 | Michael Russell | M50 | TWH | 76:06 | |
| 1907 | 8728 | Andrew Deighton | M50 | TWH | 76:36 | |
| 1936 | 8744 | Nick Pierce | M60 | TWH | 78:05 | |
| 1947 | 8745 | Duncan Ralph | M50 | TWH | 78:58 | |
| 2,087 | FINISHERS | | | | | |

British Masters XC Champs, Somerhill Schools, 13 Mar 2022

Race 1 (W35+ Women & M65+ Men) 6,000m Individual Results

| Pos | Bib | Name | Class | Class Pos | Club | Time |
|------------|------------------|------------------|-------|-----------|----------------------------------|-------|
| 1 | 283 | Andrea Clement | W35 | 1/17 | Blackheath & Bromley Harriers AC | 24:49 |
| 7 | 240 | Kevin Newman | M65 | 1/34 | Doncaster Athletics Club | 26:33 |
| 83 | 374 | Michele Bradshaw | W60 | 5/13 | TWH | 33:44 |
| 88 | 341 | Maria Gandara | W50 | 14/21 | TWH | 34:34 |
| 95 | 243 | Nick Pierce | M65 | 19/34 | TWH | 35:21 |
| 131 | FINISHERS | | | | | |

Race 2 (M35-M60 Men) 8,000m

| Pos | Bib | Name | Class | Class Pos | Club | Time |
|------------|------------------|----------------------|-------|-----------|--------------------|-------|
| 1 | 6 | Edward Chuck | M35 | 1/1 | Dulwich Runners AC | 28:44 |
| 6 | 86 | William Levett | M45 | 1/41 | TWH | 29:46 |
| 41 | 2 | Patrick Bareham | M35 | 11/31 | TWH | 33:10 |
| 69 | 96 | James Sarre | M45 | 19/41 | TWH | 35:07 |
| 106 | 43 | Alex Holmes | M40 | 24/32 | TWH | 37:35 |
| 114 | 159 | Dave Hadaway | M55 | 19/41 | TWH | 37:56 |
| 136 | 119 | Saul Harris | M50 | 19/36 | TWH | 39:40 |
| 137 | 151 | Stuart Corke | M55 | 29/41 | TWH | 39:42 |
| 140 | 26 | Hayden Thirkell | M35 | 22/31 | TWH | 40:04 |
| 143 | 61 | Robert Winter | M40 | 27/32 | TWH | 40:25 |
| 144 | 79 | George Harris | M45 | 28/41 | TWH | 40:30 |
| 152 | 137 | Christopher Walmsley | M50 | 21/36 | TWH | 41:59 |
| 160 | 154 | Andrew Deighton | M55 | 34/41 | TWH | 44:46 |
| 163 | 133 | Neil Simmonds | M50 | 24/36 | TWH | 45:19 |
| 169 | 168 | Andy Page | M55 | 36/41 | TWH | 47:19 |
| 174 | FINISHERS | | | | | |

TWH Club XC Champs, Hargate Forest, 26 Mar 2022

| Pos | Name | Class | Time | |
|-----------|------------------|-------|-------|-----------|
| 1 | Dillon Hobbs | MSen | 35:02 | 1st Man |
| 2 | James Sarre | M40 | 38:30 | 1st M40 |
| 3 | Mike Staddon | MSen | 38:45 | |
| 4 | Cathy Gill | WSen | 41:28 | 1st Woman |
| 5 | Alex Blackall | MSen | 42:32 | |
| 6 | Martin Hobbs | M50 | 43:38 | 1st M50 |
| 7 | George Harris | M40 | 43:49 | |
| 8 | Jillian Holford | W45 | 44:48 | 1st W45 |
| 9 | Andy Joad | M50 | 44:53 | |
| 10 | Chris Walmsley | M50 | 45:24 | |
| 11 | Hayden Thirkell | MSen | 45:56 | |
| 12 | Terry Everest | M40 | 46:25 | |
| 13 | Rob Winter | M40 | 46:42 | |
| 14 | Alan Collard | M50 | 46:56 | |
| 15 | Mike Russell | M50 | 49:39 | |
| 16 | Neil Simmonds | M50 | 50:10 | |
| 17 | Matt Newman | M40 | 53:17 | |
| 18 | Sonja King | W35 | 57:19 | 1st W35 |
| 19 | Carol Tsang | W45 | 61:56 | |
| DNF | Simon Howden | | | |
| 19 | FINISHERS | | | |