

# 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
<b>210</b>	<b>TOTAL COMPETITORS IN CATEGORY</b>					<b>40</b>		<b>83</b>		<b>20</b>		<b>144</b>	

## Over 70 Men

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

## 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
<b>410</b>	<b>TOTAL COMPETITORS IN CATEGORY</b>					<b>113</b>		<b>116</b>		<b>29</b>		<b>260</b>	

# 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
<b>12</b>	<b>FINISHERS</b>				

### 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	
<b>127</b>	<b>FINISHERS</b>						

### 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	
<b>268</b>	<b>FINISHERS</b>						

## 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	
<b>123</b>	<b>FINISHERS</b>						

### 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	
<b>256</b>	<b>FINISHERS</b>						

## 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	
<b>139</b>	<b>FINISHERS</b>						

## 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		
<b>84</b>	<b>32</b>	<b>FINISHERS</b>				

## 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	
<b>211</b>	<b>FINISHERS</b>						

## 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	
<b>83</b>	<b>FINISHERS</b>					

## 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
<b>32</b>	<b>FINISHERS</b>					

## 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
<b>52</b>	<b>FINISHERS</b>					

## 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	
<b>21</b>	<b>FINISHERS</b>					

## 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	
<b>40</b>	<b>FINISHERS</b>					

## 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	
<b>54</b>	<b>FINISHERS</b>					

## 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
<b>63</b>	<b>FINISHERS</b>				

## 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
<b>57</b>	<b>FINISHERS</b>				

## 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	
<b>233</b>	<b>FINISHERS</b>				

## 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
<b>273</b>	<b>187</b>	<b>84</b>	<b>FINISHERS</b>			

## 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
<b>212</b>	<b>FINISHERS</b>			

## 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
<b>114</b>	<b>FINISHERS</b>						

### 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	
<b>203</b>	<b>FINISHERS</b>						

## 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
<b>100</b>	<b>FINISHERS</b>						

## 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	
<b>215</b>	<b>FINISHERS</b>						

## 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	
<b>1,010</b>	<b>FINISHERS</b>						

## 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	
<b>2,087</b>	<b>FINISHERS</b>					

## 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
<b>131</b>	<b>FINISHERS</b>					

## 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
<b>174</b>	<b>FINISHERS</b>					

## 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			
<b>19</b>	<b>FINISHERS</b>			