

# **Tonbridge Athletic Club**

## **Distance Runners**

### **Newsletter April 2016**



**Mark Hookway**

**Winter Team Manager, Coach and  
Distance Running Communication**

The last newsletter that I produced was in December and it's not for religious reasons that it was Christmas and this one is appearing around Easter time.

I thought it might be appropriate to update everyone, at a time which coincides with the end of the Winter Cross Country Season and the start of the Summer Track season.

With the Winter season lasting from September through to March it makes up about seven months of the year, so I think most people are ready to crack on with some track and/or road racing now.

Our groups cover all distances from 800m upwards, but also have some of the quickest 400m runners in the club, so don't be misled by the term 'distance running', when it comes to the Summer.

Once again parts of this newsletter are pitched to try and help those of you who are relatively new to the training and racing structure at Tonbridge AC.



**Tonbridge AC's under 17 men  
National Cross Country Champions**

## Summer checklist - are you prepared ?

Here are a few quick fire points that many of you might find helpful –

1. Summer Guide – there is an explanatory guide to the Summer season under Race Information at [www.tacdistancessrunners.com](http://www.tacdistancessrunners.com)
2. There are league meetings available for all age groups. Contact the appropriate Team Manager should you wish to compete.
3. Not all league teams are selected and 'non scorers' can compete in some.
4. Everyone can compete in an 'open' meeting. There are plenty of opportunities and Tonbridge host one every first Tuesday in the month in May, June, July and August.
5. If you get an injury or problem don't forget that we regularly have access to a qualified Sports Therapist on a club night.
6. Training Plans for each distance running groups are available under Training Planned at [www.tacdistancessrunners.com](http://www.tacdistancessrunners.com) These show briefly what is organised for the key training sessions.
7. Anyone buying spikes for distance running in the Summer, make sure that you get the 'right' type ie with the support heel, rather than sprint or jump spikes.
8. Always try and have a drink and a snack for 'recovery' soon after training. Those first 20 minutes after training are important in aiding recovery.
9. If you can make the investment then its worth buying a foam roller, to use for self massage of the legs, back etc. Ask a coach if in doubt.
10. Unlike the Winter most of the championships in the Summer require individual entry. Look out for my regular emails, which will highlight entry details and closing dates.
11. Kim Gordon will try and be available on the first Thursday of each month, selling second hand clothes, trainers and spikes.
12. After events we try and post photos at the Scrapbook at [www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk) , which is worth a look.





## Summer Training for TAC Distance Runners over the Summer months

Training continues throughout the year and its worth pointing out that we don't stop for school holidays.

The main change is that Tuesday club nights are now based from Tonbridge School track, although we plan sessions so there is variety for each group. All groups use the fields at times, as their is limited capacity on the track, but also to help avoid injury.

Mondays – 6.30pm run from Tonbridge School Track

Tuesdays – 6.30pm Club nights at Tonbridge School Track

Wednesdays – 6.30pm Circuit Training at Judd School ( a few run beforehand just before 6pm)

Thursdays – 6.30pm Club nights at Tonbridge School Track

Sundays – 9.30am Long run from Tonbridge School Track

There are also ad hoc training sessions organised.



## Age Groups for the Summer Season

The key date is midnight on the 31<sup>st</sup> August of the year of competition. If a child is 11 or 12 on this date then they are in the Under 13 group. In other words, if they are in years 6 or 7 at school they are in the Under 13 age group. Similarly, if they are 13 or 14 on this date, then they are Under 15 (school years 8 and 9). If they are 15 or 16 on this date, then they are Under 17 (school years 10 and 11).

Finally, if they are Under 20 at midnight on 31<sup>st</sup> December, of the year of competition they are in the Junior, Under 20 age group and if older are classified as a Senior. If confused speak with one of the coaches !

For acceptance into the club for training an athlete must be a minimum of 9 years old, although the Tonbridge Tornados club is run on a Sunday morning for 7 to 9 year olds. Club training for 9 and 10 year olds is on a Monday and Wednesday evening at Tonbridge School track.



**There is league competition  
from 11 years old to senior level**



## Competition

On the first Tuesday evening of every month from May to August there is a Tonbridge 'Open' Meeting. An 'Open' meeting means that anyone can compete and there are events for every age group, for Under 13s upwards.

The events vary from meeting to meeting, so you should be aware of the precise listing and timetable beforehand. There is an entry fee. These meetings are the best opportunity for novices to try out competition and for more experienced athletes to improve their performances.

In some events the races are graded, so that you get athletes of different ages, but similar abilities, competing against each other. If you have never done an event before just ask one of the TAC coaches, so you can then put an estimated time down and get into the best paced race for you.

See listings beforehand at [www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk).

Tonbridge AC also compete in a number of leagues.

The UK Young Development League is for girls and boys in the Under 13, Under 15, Under 17 and Under 20 groups.

The U13/U15 age groups compete in fixtures mainly on a Saturday and Nigel Brooks is the Team Manager (email [nigel@tonbridgeac.co.uk](mailto:nigel@tonbridgeac.co.uk))

The U17/U20 age groups compete on a Sunday and Pete Mason is the Team Manager (email [pete@tonbridgeac.co.uk](mailto:pete@tonbridgeac.co.uk)).

The teams are selected on merit, but it is also very important that anyone who might like to compete lets the Team Manager know well in advance. Again check the Summer fixture list for details. See [www.ukydl.org.uk](http://www.ukydl.org.uk) for information about the league.

Similarly the Kent Young Athletes League is for girls and boys in the Under 13 and Under 15 age groups. The Team Managers are –

U13 Girls (Year 6 & 7): Anthony Stevens: [anthony@tonbridgeac.co.uk](mailto:anthony@tonbridgeac.co.uk)

U15 Girls (Year 8 & 9): Diane Wright: [dianew@tonbridgeac.co.uk](mailto:dianew@tonbridgeac.co.uk)

U13 and U15 Boys: Steve Brooks: [steve@tonbridgeac.co.uk](mailto:steve@tonbridgeac.co.uk)

This is a particularly good league for newcomers. See [www.kcaa.org.uk](http://www.kcaa.org.uk) for information about the league and Kent athletics.

**Pete Mason**

**Getting ready for another season of  
Team Management**



## Competition, continued ....

For the older athletes there is the **Southern Athletics League**, which is a combined league for Men and Women (Under 17, Under 20, Senior and Veterans, all together). See [www.southernathletics.org.uk](http://www.southernathletics.org.uk). Mark Ormerod is the Team Manager (email [ormerod@tonbridgeac.co.uk](mailto:ormerod@tonbridgeac.co.uk)). Non scorers are allowed to compete in this league, which means that, although there is team selection, there is a chance for everyone.

It is important that parents realise that the league teams are generally selected on merit and when there are many wanting to compete it can be difficult to fit everyone into their chosen event. However, we will always do our best to give everyone a chance. Other clubs also put on open meetings, where athletes can enter on the day and take part in their chosen event. Please look out for information or just ask a coach.

Some other key events are the **Kent Championships**, in May for Under 15 upwards and in September for Under 13. Please check the fixture list at [www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk), which is regularly updated.

## Watford Wednesdays and other 'open' meetings

The Watford Wednesday open meetings are amongst the very best in the country and are held every two weeks throughout the Summer.

They have a reputation for good conditions and races that are well matched, which create fast times. All races are graded with athletes of similar ability, whatever their age.

We regularly take a minibus or other transport along. So just ask if you are interested, although be warned as it tends to be a late night return.

There are also open meetings at Bromley, Eltham, Gillingham, Brighton, Crawley, Dartford and other venues throughout the Summer.





## Message to the younger athletes and parents

In the December 2015 newsletter I wrote a few pieces trying to encourage both young athletes and parents to see the sport as a longer term opportunity. The feedback that I had was very positive and I have seen cases, where youngsters have had a bad race, but have been positive about how to battle back. This is the attitude that we want to promote.

We don't want youngsters feeling sorry for themselves or feeling extra pressure to perform. We do want you to enjoy the sport, understand that there will be ups and downs and to try and keep things in perspective.

There is often a reason for a difficult spell, but you can overcome it and move on.

**Tonbridge Athletic Club**  
**Distance Runners**  
**Newsletter December 2015**

Mark Hookway  
Winter Team Manager



With the end of 2015 looming I felt that the time was right to produce a newsletter, which hopefully will be of use, particularly to many of you who are relatively new to Tonbridge Athletic Club.

The number and size of the distance running training groups have increased considerably over the last decade and although this is terrific news, it makes the transmission of knowledge, experiences and ideas more difficult.

I am sure that many think that the club has always been this large and has always been successful, but that is far from the case.

In this newsletter I have attempted to put down a few thoughts that I believe we built the foundations on to get to where we are now. I hope many of you, both supporters and athletes will take the time to read through.



The senior mens and womens teams at the  
National Road Championships - October 2015

**The December 2015  
newsletter  
included**

**thoughts and ideas  
about the development of  
young distance  
runners**

## Club Kit

We have club kit for sale, which would make ideal Christmas presents. See – <http://www.tacdistancess.com/tonbridge-ac-club-kit.html>

## Around the web

Here are just a few web sites that maybe of interest, that a few of you are not aware of –

Kent Athletics – [www.kcaa.org.uk](http://www.kcaa.org.uk)

Kent Schools Athletics – [www.ksaa.org.uk](http://www.ksaa.org.uk)

England Athletics – [www.englandathletics.org](http://www.englandathletics.org)

British Athletics – [www.britishathletics.org.uk](http://www.britishathletics.org.uk)

Power of 10 UK rankings – [www.thepowerof10.info](http://www.thepowerof10.info)

Athletics Weekly – [www.athleticsweekly.com](http://www.athleticsweekly.com)

Flotrack (USA) – [www.flotrack.org](http://www.flotrack.org)

British Milers Club – [www.britishmilersclub.com](http://www.britishmilersclub.com)

Of course we then have the two web sites, used by the club and myself for the distance runners –

[www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk)

[www.tacdistancess.com](http://www.tacdistancess.com)

## Twitter

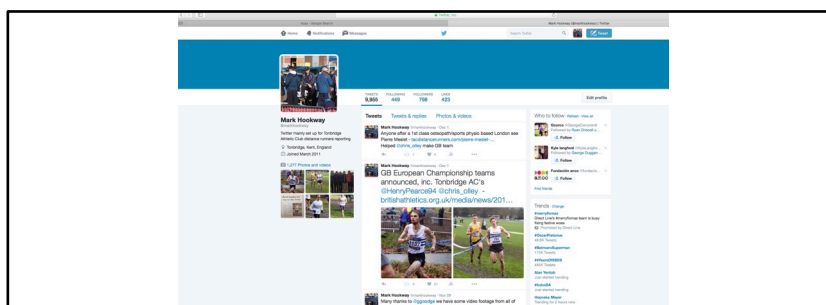
Twitter and social media can get a bad press, but we try to use it in a positive way.

Its an ideal method of following how other Tonbridge AC athletes are getting on.

I try and put out as much relevant and immediate news as I can at @markhookway

There is a page at [www.tacdistancess.com](http://www.tacdistancess.com) that explains how to sign up.

There are plenty of other TAC athletes and supporters on Twitter, plus organisations such as Kent Athletics and British Athletics.





## TAC Best Times and Records

Below are some of the current best times and records at Tonbridge AC. All the club records can be found at [www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk)

<b>800m</b>	<b>Record</b>			<b>2015</b>
Under 13 girls	2.20.7 Julie Adkin	1984	Katie Burgess	2.24.23
Under 13 boys	2.09.4 Tom Kendrick	2012	James Crawley	2.20.55
Under 15 girls	2.12.33 Kathleen Faes	2015	Kathleen Faes	2.12.33
Under 15 boys	1.57.3 George Duggan	2011	Charlie Crick	2.08.57
Under 17 women	2.11.6 Julie Adkin	1985	Alice Ralph	2.14.53
Under 17 men	1.48.24 Sean Molloy	2012	Christian Lee	1.59.99
Under 20 women	2.09.0 Kelly Holmes	1987	Sian Driscoll	2.14.22
Under 20 men	1.48.24 Sean Molloy (u17)	2012	James West	1.50.81
Senior women	2.09.0 Kelly Holmes (u20)	1987	Kathleen Faes (u15)	2.12.33
Senior men	1.47.97 Steve Fennell	2009	Robbie Farnham-Rose	1.50.50

1200m u13g	3.44.9 Kathleen Faes	2013	Katie Goodge	4.02.63
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<b>1500m</b>	<b>Record</b>			<b>2015</b>
Under 13 girls	4.42.1 Stacy Washington	1984	Katie Goodge	5.14.30
Under 13 boys	4.23.34 Tom Kendrick	2012	James Mardon	4.51.13
Under 15 girls	4.27.67 Kathleen Faes	2015	Kathleen Faes	4.27.67
Under 15 boys	4.08.46 George Duggan	2011	James Kingston	4.42.12
Under 17 women	4.26.4 Julie Adkin	1988	Phoebe Barker	4.43.79
Under 17 men	3.52.48 George Duggan	2013	Alasdair Kinloch	4.01.10
Under 20 women	4.26.1 Kelly Holmes	1987	Alice Wood	4.49.79
Under 20 men	3.40.9 David Robertson	1992	James West	3.44.80
Senior women	4.26.1 Kelly Holmes (u20)	1987	Kathleen Faes (u15)	4.27.67
Senior men	3.36.18 Andy Graffin	2000	Robbie Farnham-Rose	3.44.72

<b>3000m</b>	<b>Record</b>			<b>2015</b>
Under 15 girls	10.00.17 Kathleen Faes	2015	Kathleen Faes	10.00.17
Under 15 boys	8.48.8 Dale Smith	1985	James Kingston	10.25.70
Under 17 women	9.40.0 Julie Adkin	1987	Phoebe Barker	9.57.86
Under 17 men	8.26.33 Robbie Farnham-Rose	2010	Alasdair Kinloch	8.41.01
Under 20 women	9.33.63 Grace Nicholls	2010	Chloe Bird	10.51.29
Under 20 men	8.06.60 Mark Scrutton	1979	Chris Olley	8.19.31
Senior women	9.33.63 Grace Nicholls (u20)	2010	Phoebe Barker (u17)	9.57.86
Senior men	7.50.38 Mark Scrutton	1983	Ryan Driscoll	8.10.77

<b>5000m</b>	<b>Record</b>			<b>2015</b>
Under 20 men	14.08.39 Mark Scrutton	1979	Chris Olley	14.18.41
Senior women	16.59.37 Grace Nicholls	2012	Nicole Taylor	17.10.72
Senior men	13.32.2 Mark Scrutton	1982	Chris Olley (u20)	14.18.41

## TAC Best Times and Records continued....

### 1500m steeplechase

	Record		2015	
Under 17 women	5.21.45 Alice Ralph	2015	Alice Ralph	5.21.45
Under 17 men	4.14.0 David Robertson	1979	Sam Crick	4.34.42
Under 20 women	4.59.94 Nicole Taylor	2014	Hannah Czarnowski	5.53.2
Senior women	4.59.94 Nicole Taylor (u20)	2014	Alice Ralph (u17)	5.21.45

### 2000m steeplechase

	Record		2015	
Under 17 men	5.51.2 Andy Sharp	?	-	
Under 20 women	6.51.88 Nicole Taylor	2014	Alice Ralph (u17)	7.40.13
Under 20 men	5.51.2 Andy Sharp	?	Euan Nicholls	6.20.19
Senior women	6.51.88 Nicole Taylor (u20)	2014	-	
Senior men	5.42.7 Spencer Newport	?	Ryan Driscoll	5.49.24

### 3000m steeplechase

	Record		2015	
Under 20 women	10.37.34 Nicole Taylor	2014	-	
Under 20 men	9.13.0 Andy Sharp	?	-	
Senior women	10.37.34 Nicole Taylor (u20)	2014	-	
Senior men	8.55.0 Stuart Kirk	1983	Ryan Driscoll	8.58.87





**TAC then and now - all of these young athletes are with us today !  
(All photos 2008 or before)**





## Tonbridge AC Distance Runners highlights 2015/16

### September 2015

Max Nicholls 6<sup>th</sup> in u20 mens race at World Mountain Running Championships, for GB  
Under 17 men win South of England Road Relay Championship

### October 2015

Under 17 men win National Road Relay Championships

Senior men win National Road Relay Championships (first ever TAC medals in a major National senior championship)

Under 17 men win National Cross Country Relay Championships

Under 20 men win National Cross Country Relay Championships

Senior men win bronze medals at National Cross Country Relay Championships

### November

Chris Olley and James West selected for England under 20 cross country team, in Spain

### December

Henry Pearce (under 23) and Chris Olley (under 20) selected for Great Britain, for the European Cross Country Championships.

### January

7 team wins at Kent Cross Country Championships

Under 13 boys and under 17 men win South of England Cross Country Championships

Max Nicholls wins under 20 mens race at South of England Cross Country Championships





## **February**

Robbie Farnham-Rose runs the fastest ever indoor mile by a TAC athlete with 4.00.92  
Under 17 men win English National Cross Country Championships

## **March**

Max Nicholls selected for Great Britain team for the World University Cross Country Championships

Kathleen Faes wins the under 15 girls race at the UK Inter Counties Cross Country Championships  
Chris Olley runs 29.42 for 10km, the third fastest ever by a UK under 20.

Kathleen Faes, Phoebe Barker and James Puxty selected for England Schools team at Home International

Chris Olley selected for England under 20 men's team and wins Home International

## **Planning for the 2016/17 Winter**

Some key dates for next Winter are -

Saturday 24th September - South of England Road Relays (young athletes and senior women)

Sunday 25th September - South of England Road Relays (senior men)

Saturday 8th October - National Road Relays (seniors with u20s)

Sunday 9th October - National Road Relays (u13,15,17)

Saturday 5th November - National Cross Country Relays (all)

Saturday 7th January - Kent Cross Country Championships (all)

Saturday 28th January - South of England Championships (all)

Saturday 25th February - National Cross Country Championships (all)

This is at Nottingham and we have booked the same hotel as we used this year. Full details will be announced.

***Please try and reserve the above dates, if at all possible.***

