

Tonbridge AC Distance Runners Challenge November and December 2020

With the aim of giving TAC distance runners something to aim at during the coming weeks we have created a competition, based on a few courses around the area.

All the course details and maps are shown below.

All 9 routes will be included for under 17s and older.

Routes 1,3,4 and 7 are aimed at under 13s and under 15s as well as under 17s and older.

Nichola Evans has kindly offered to administer the results, so all you have to do is –

1. Decide which course you wish to test yourself on.
2. Study the course map, information and in some cases the video carefully.
3. If you feel necessary complete a practice run or walk to familiarise yourself.
4. Decide on the start and finish point for some routes as they are a complete loop.
5. Make sure that you have a GPS watch and a means to log 'proof' that you have completed the correct course.
6. Go and hammer yourself over the course, recording your time.
7. Submit the following to Nichola Evans at email evans_nichola@yahoo.com
8. Include the following information
Name
Age Group
Route number
Time
Evidence of correct course eg strava or garmin link or screenshot or whatever you have.
9. You can have as many efforts on a course as you wish, but only your best time will count for scoring purposes.
10. Overall scores will be the total of your best for each course ie under 17s and older a maximum of 10 efforts (all courses) and under 13s and 15s a maximum of 5 efforts (courses 1,3,4,7 and 8).

Remember – Planning prevents poor performance (PPPP, although some might slip a 5th naughty word in there as well !)

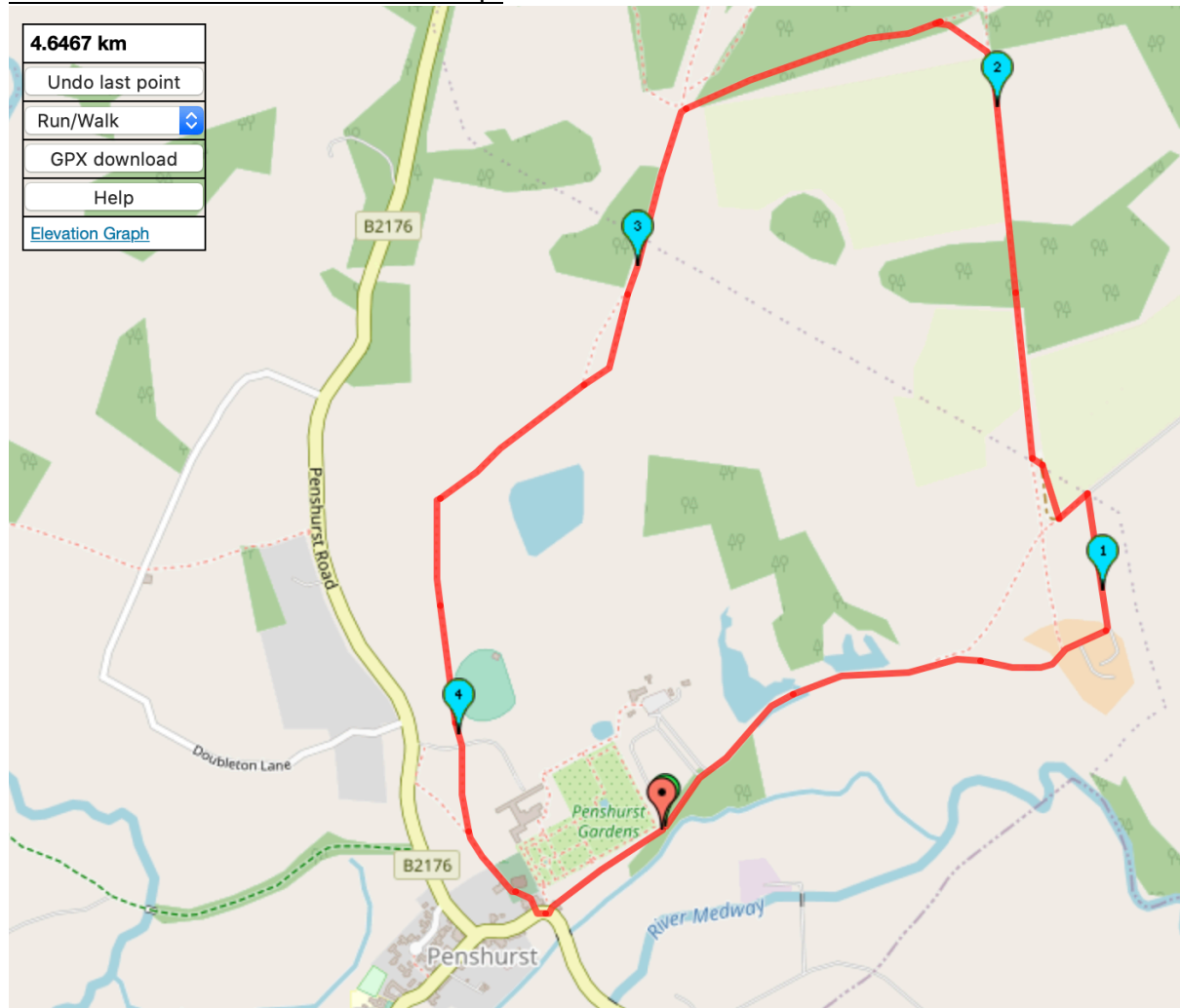
Points will be awarded from 100 for 1st place on a course, then 99, 98, etc. So, the first person to complete a course will receive 100 points, but that might be reduced as others run faster !

The competition will continue until midnight on Saturday 2nd January 2021.

Any prizes to be decided although there is a trophy available to the overall winner !

ROUTE 1 4.65 km (u13s and u15s included)

ROUTE 2 9.30km. Penshurst XC loop.



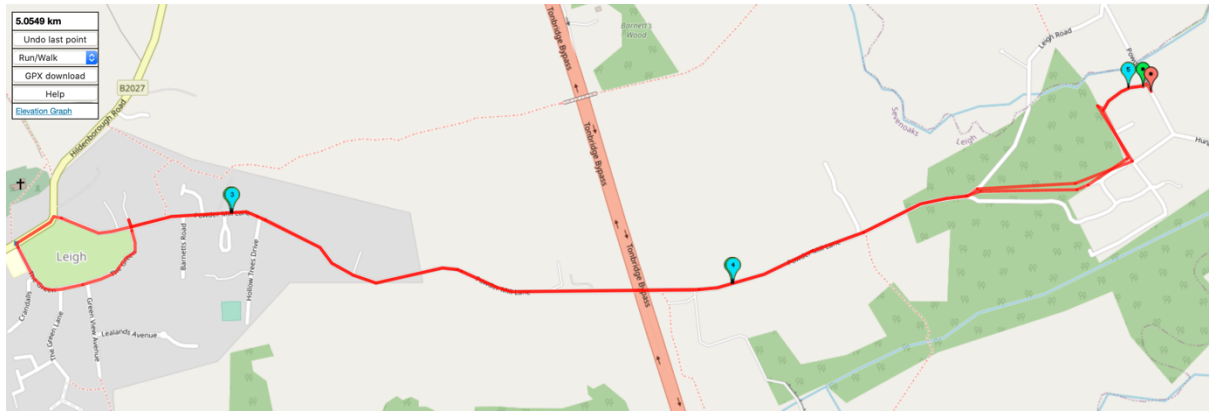
The course will be from the Car park at Penshurst place , it is almost exactly 5k using google pedometer and my GPS. It starts with a tough climb up a concrete road, then gentle uphill along a dirt track before starting to descend back down to Penshurst Place on grass, before heading around the church and finishing with a straight back to the Car park. Basically, it follows the rim of a bowl looking down on Penshurst place.

Please see this video that I hope makes sense with the map below. This video was made when the grass car park was open, so we will not be using the last loop around the car park that is shown on the video. As it is now a circular loop, the exact start finish point is not critical.

<https://youtu.be/fVcsKb8eBqo>

Note – the second half can be quite muddy in places so please consider shoes etc

ROUTE 3 Powdermills to Leigh and back 5k (u13s and u15s accompanied included)



Powdermills 5km route

Have to admit to be quite pleased with myself as this out and back course starts and finishes at exactly the same place to within 2 metres!!!

Start point, where Burton Ave meets Powder Mills and there is even a lovely line on the road for us.



Gentle uphill for 100m road bends 90 degrees Left, 100m before turning right along tarmac footpath through woods until joining the Powdermills Road to Leigh. First km comes up at the house shown left.

Then downhill under the motorway bridge, there are two slightly blind bends to be aware of traffic as you round them, before you hit 2 km marker which is a convenient 30 mph sign as shown left below. (This is also the 3km marker on return) Run around Leigh Green staying on the road, the halfway point has a convenient large Wooden post by the school .



Stay on the pavement for the 50m alongside the main road, then follow edge of the green as you head back down powdermills the way you came. The 3km is the 30mph sign, there are 1200m to go as you emerge from the motorway bridge. Then make sure you take the path as shown below to emerge back in the housing estate with a sharp left turn followed by a fast 200m finish back to two metres past the same line that you started on.



To avoid any discussion re the distance I walked this with a measuring wheel.

Wear luminous clothing. It is a relatively quite road, but please be aware on the bends.

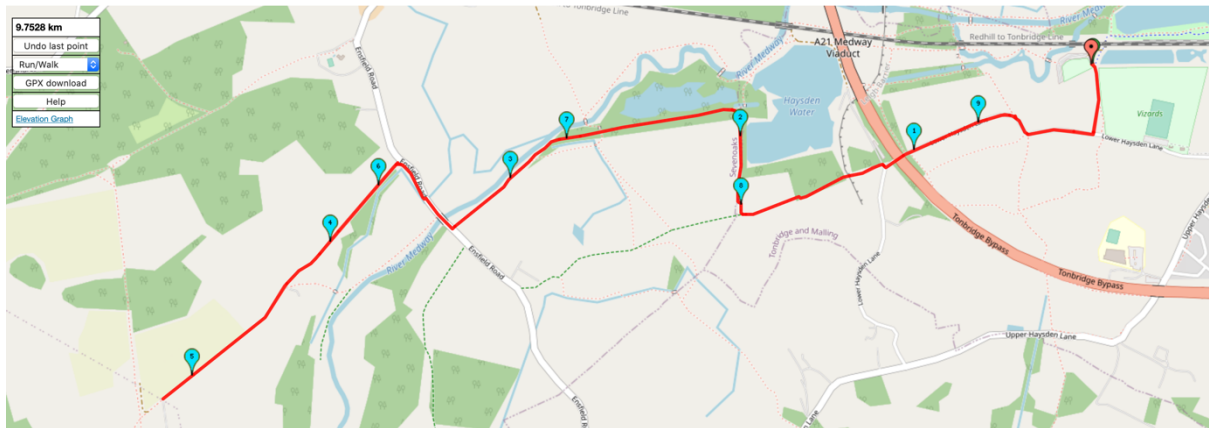
ROUTE 4. (u13 & u15 accompanied, included) Mark Hookway circular loop.

Tonbridge School Centre to Rugby club to Powdermills to Flying Dutchman circular route
(juniors accompanied)

This circular route can be started and finished at any point on the route. If you start at the TSC take the footpath beside the track, bear right at the end down to the rugby club where you take a right to follow the small stream, this path joins up with the parkrun route, under the railway line. Do not cross the bridge but take path to right (you have now left the parkrun route) At the end of this path turn right onto the Powdermills road, stay on this road for 2km as it heads back to Hildenborough and the T junction where the Flying Dutchman Pub is. Turn right and follow the main road back to the TSC (past the BP garage etc) Use the short public path back up to the TSC.



ROUTE 5. Barden Lake car Park to top of Concrete Road above Penshurst and back 10k



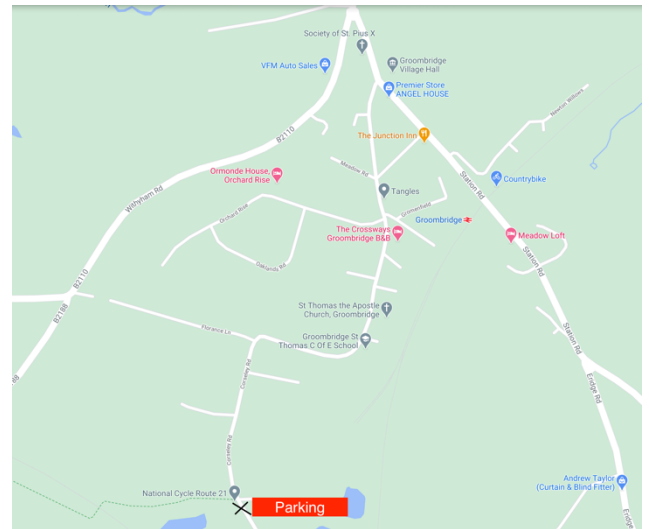
This starts at the speed bump closest to the Hayesden Country Park parking area. Head down the exit and turn right onto Lower Hayesden Road, at the small hamlet follow the road to the right, follow this until you go under the motorway bridge. At this point you leave the road and head straight on to join the cycle track path up and over the flood barrier. Then stay on this path, there is a 90 degree bend right and then left. Keep going till you meet a road, turn right on the road over the



bridge, continue for 150m till you come to a left turn onto the concrete road towards Penshurst place. This will go steadily uphill for 1.25km to the highest point where the road bend sharp left, THIS IS THE TURN AROUND POINT. Take the same route back to finish where you started.

ROUTE 6 Forest way (disused railway track) 10mile (out and back)

This is a flat straight route along a disused railway line called The Forest Way , from Groombridge to Forest Row, https://www.eastsussex.gov.uk/media/1272/forest_way.pdf , mainly hard surface with a few areas that are a bit muddy. Suggestion is to park at Groombridge , Corseley Road Sports ground , as shown below, then enjoy a 1.5km warm up by taking the cycle track to the right of the water / sewage works.

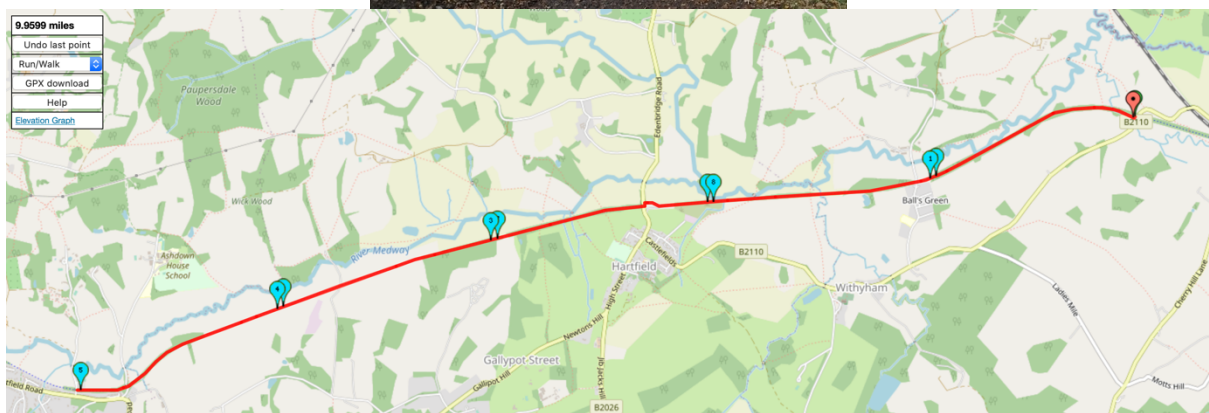


After 1.5km you will be at the start of the 10 mile run. There is some car parking here as well. This is out and back route, it crosses one small road and there is a slight chicane at Hartfield, but follow the cycle route signs. The turn around point is at the bridge below,

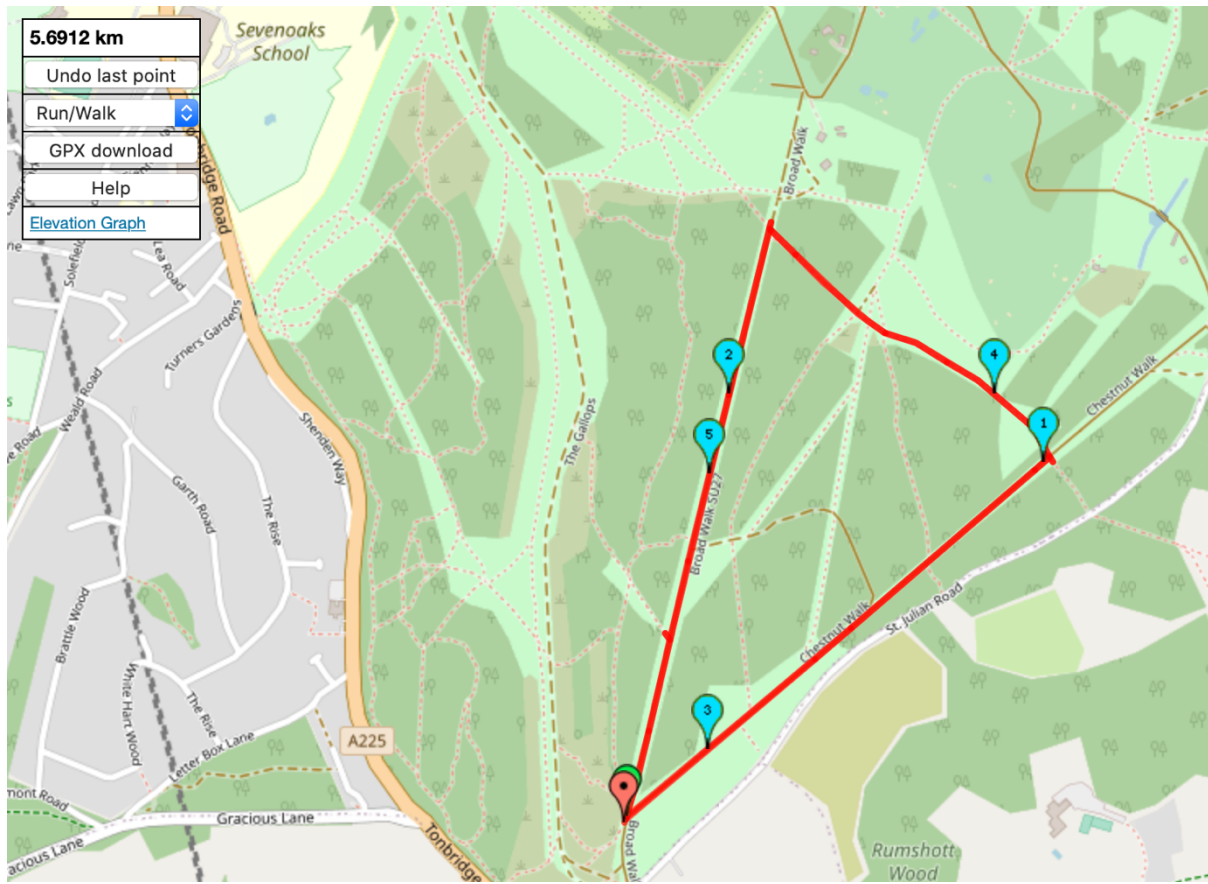
that has a useful bit of blue graffiti on it (this is the second of two bridges that are quite close to each other)



Turn
Point



ROUTE 7 and 8. Knole Park Triangle. 1 lap or 2 laps (available to u13s & u15s)



This route can be started and finished at any point, obviously the same point. It is tarmac all round, each lap is 2.7km. The key turn (if starting at the top by St Julians gate and running anti clockwise) is at 1km on the map above, this is the most obvious tarmac turn 90 degrees Lt, the second turn is after a short sharp incline and you look up a long straight road just over 1km.

Note –

The numbers on the map are simply key markers from information that it was taken from ie not distance markers.

The start is very much downhill (from St Julians end, so be prepared for a climb to the finish!

The run is all on solid footpath.

ROUTE 9 4.14m

ROUTE 10. 8.28m. Road with Street lights

Can be run at any time with street lights. 1 lap or 2. Yardley Park Road, Hadlow Road, Cranford Rd (1st turning), Barchester Rd, Hunt Rd (turning just after zebra crossing by Methodist Church), Whistler Rd (turning opposite bus stop) and Shipbourne Rd.

mapometer - Hadlow Rd, Barchester, Hunt, Shipb



Distance
4.14 mi

ascent
0 m

descent
0 m

Notes

Just over 4 miles so a 2xlap for some

You can run these routes anytime between now and the 2nd January 2021. These are not virtual, they are set routes. All we require is your time (honest!) Please send into Nichola Evans evans_nichola@yahoo.com who will collate the results for each course. If you improve your time please send that in to update your position. There are distances from 5km up to 10 miles. You will score by your position. There will be a top 4 scores to count competition and a full house 9 Route championship. Lowest score wins.

U13's and U15's can do Routes 1,3,4,7 and 8, but make sure you are accompanied by an adult (foot or bike)

mark@pkfamily.plus.com or mcintyrerussell@yahoo.co.uk or markhookway@icloud.com can also be contacted with any queries. Please study the route carefully before setting off.