**Tonbridge AC Challenge Nominations**

**Overall Winners Round 2 – declared 14th February 2021**

**Senior winner**

**Lewis Collins (senior)**

Although not yet awarded a prize, Lewis was nominated quite late for the first closing date. His actions are not directly athletics or running related, but perhaps an illustration of one of the most powerful messages that we have ever seen from a Tonbridge AC member. Lewis stopped his car on Saturday 23rd January when he saw a young man in the Maidstone area, on a bridge, who was potentially going to take his own life by jumping. Lewis talked him through the situation and saved him from his fate. Lewis talks about the experience in this powerful and emotional 10 minute video - <https://www.youtube.com/watch?v=BGHFYzcBQOM>

**Junior winner**

**Harry Wrigley (under 13)**

Harry Wrigley (aged 11 – year 6) was finding this most recent lockdown rather difficult until he decided to set himself a challenge to raise money for children less fortunate than him.  It stemmed from watching Simon Reeve’s Incredible Journeys as you will see from the information he wrote in his blurb for the Just Giving Page.  His challenge is to run 100km during February.  To date he has raised over £900 which is amazing!

He has set himself some mini challenges to achieve during the month, specifically getting PB’s for 5km and 10km runs.  So far he has smashed his 5km PB with 21 mins 19s.  He is aiming to get closer to 21 mins by the end.

You can donate to their JustGiving page by clicking here: <https://www.justgiving.com/fundraising/harry-wrigley?utm_source=Sharethis&utm_medium=fundraising&utm_content=harry-wrigley&utm_campaign=pfp-email&utm_term=143a51c0486a49dcbb4a604619b09833>.

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Unicef UK, so it's the most efficient way to give - saving time and cutting costs for the charity.

**Other Prize Winners Round 2 – 14th February 2021**

**Freya Ridge (under 20)**

Part of Iain Presnell’s under 20 sprint squad and has been adapting to no track and working with Emily Bowart with consistent training in the Tunbridge Wells area. Training on the common, on playing fields and even in a car park.

2nd nomination

Emily and Freya are in Iain Presnells U20 sprint group. They have just moved up from U17.

Emily is a 300/400 sprinter and Freya a multi eventer.

Both have missed out on a competitive season where they would have been at their peak in their age category.

Lockdown hasn’t deterred them, if anything it has made them more determined. Both took on the challenge and completed one week of the U17 distance training:-

1st-8x600

2nd-8km and 6 hill reps

3rd- 5km tempo run

This is truly out of Emily’s comfort zone,  for those that know her, anything over 400m was an effort!

Freya has a great training partner and they train well together, she kept the pace for the 5k with Emily behind her keeping her going.

Both are also doing their own strength training alongside their sprint training.

**Emily Bowart (under 20)**

Part of Iain Presnell’s under 20 sprint squad and has been adapting to no track and working with Freya Ridge with consistent training in the Tunbridge Wells area. Training on the common, on playing fields and even in a car park.

2nd nomination

Emily and Freya are in Iain Presnells U20 sprint group. They have just moved up from U17.

Emily is a 300/400 sprinter and Freya a multi eventer.

Both have missed out on a competitive season where they would have been at their peak in their age category.

Lockdown hasn’t deterred them, if anything it has made them more determined. Both took on the challenge and completed one week of the U17 distance training:-

1st-8x600

2nd-8km and 6 hill reps

3rd- 5km tempo run

This is truly out of Emily’s comfort zone,  for those that know her, anything over 400m was an effort!

Freya has a great training partner and they train well together, she kept the pace for the 5k with Emily behind her keeping her going.

Both are also doing their own strength training alongside their sprint training.

**Aimee Holdstock (under 17)**

Aimee has been following Pete Mason’s training plan and running four days per week. Pretty much all of this training has been done from home on her own. Aimee’s training is on strava.

**Ellie MacAuley (under 17)**

Made the decision after Christmas to get up and run every morning before online school. We do 3km Monday to Friday at 7am, and a steady 10km at 8am on a Saturday morning. It’s not fast and not particularly pretty, but I am really proud of her for her consistency and determination. We go out in the dark, whatever the weather and each day for 5 weeks she’s motivated herself to get out of bed! TWells is very hilly (and we live half way up a long hill so no hiding from it) and we are regularly splashed by large lorries in the rain but she always finishes with a smile!

**James Kingston (under 20)**

James regularly tries to motivate others to run. Even though he is clearly of a better ability he still asks the whole age range of u15 to over 40 to see if they want company to run! A partner to run with is so helpful with motivation.

**Overall Winner Round 1 – declared 31st January 2021**

**Josh Beesley (under 20)**

Josh has been in severe lockdown since 4th March 2020 to protect a very vulnerable family member, so has not been to Tonbridge AC or anywhere else since then. Josh has kept fit and in January has upped his training considerably, despite facing a number of personal challenges. He has been running before dawn to avoid others, plus using his room in which to do extra training. Josh has even run outside wearing a mask to negate even the smallest risk, plus working on his A-levels. So, it is clear that Josh has really had to adapt over the last year to keep his running and any other activity going.

**Other Prize Winners Round 1 – declared 31st January 2021**

**Lucy Kingston (under 20)**

Lucy is in training and raising money for the charity West Kent Mind. She aims to run a virtual marathon in April/May time, but has already raised over £800, through the link on her Facebook page. This is the link –

<https://www.justgiving.com/fundraising/lucy-kingston1?utm_source=Sharethis&utm_medium=fundraising&utm_content=lucy-kingston1&utm_campaign=pfp-email&utm_term=542311a7176746c49f4027d1f07f1f9c&fbclid=IwAR2dwfJV6T967EdkTIY__8phwE4DWEOeMKWbfGv6HqsB7wT-h6JFRHbiZ80>

**Issy Fassnidge (under 20)**

Issy is part of Iain Presnell’s under 20 sprint squad and has been adapting to no track and working on playing fields, at Knole Park and zoom circuit sessions. Issy has also been continuing with her online officials qualifications. When she could get on the track Issy was an ‘ever-present’ athlete at training, is always interested in others and a positive influence on the group.

**Ella de Munck (under 17)**

Ella de Munck was nominated for her inspirational challenge from the back end of last year. Faced with a prospect of running 50k for charity over the course of a month, Ella decided to do the whole distance in one go and managed it in under six hours. Ella and her friend raised £652, almost three times their original target amount and for a great cause, suicide prevention. But more than that, from a running point of view, she showed that we are all capable of much more than we think. When we agonise over whether to complete that last rep or to do that race, we should just commit, get it done and take the feeling of satisfaction afterwards. The link to Ella’s fund raising page is here –

<https://www.justgiving.com/fundraising/jess-winter?utm_source=Sharethis&utm_medium=fundraising&utm_content=jess-winter&utm_campaign=pfp-email&utm_term=2e8df16d9dd041379bfcef8e622732df>

**Lucas Gorrill (under 13)**

After his second case of COVID in December, Lucas has returned to training twice weekly with a fellow TAC runner, Jack (U15), on Tuesday and Thursday evenings following Julie Goodge’s plan with an extra 5-8k run on a Sunday either with family or with Jack again. He was just over 9 minute miling a hilly 5k loop run after being ill (19m24s was his quickest on the same loop in the Summer) and has managed to get it back down to just over 7 minute miling and his lungs have now stopped hurting thankfully.

**Richard Puxty (support staff)**

Richard, from the very beginning of lockdown, has provided strength Zoom classes and stretch classes for free. He has provided a wealth of knowledge from being an experienced athlete demonstrating exercises to support our training, as well as bringing together people to carry out these classes in a safe environment . Being at home the children can join in and has been motivating all round. Richard has been flexible on times to suit all and is always positive and smiling. He’s been a constant throughout, juggling his work, training, family and house move.

Richard’s classes last about 40 minutes and are Tuesday (strength and conditioning) and Friday mornings (stretching), usually around 8am and sometimes 8.30am. Richard notifies the group the day before regarding the zoom meeting. Email him at hugpux@gmail.com to sign up.

**Samantha Stubbs (under 20)**

Training has been going well. Sam has been meeting up with Mark (Ormerod) once a week and has done some shot and javelin with the javelin ball which has been good. She has been doing the circuits once a week on a zoom call with Loughborough like she did in the last lockdown. Fartlek sessions session, ‘graveyard hills’ and a field session once a week are also included. Sam was ranked No1 in the Under 17 Heptathlon last summer, so adapting to senior Combined Events is her main aim this Winter. She may have missed out on a Schools International vest last Summer, as a result of the pandemic, but it hasn’t deterred her.

**Other nominations – remain on the list for consideration on 28th February**

**From round 1**

**Harrison Fraser (under 15)**

Organising to train with others in his age group, using WhatsApp and trying to keep others motivated. Harrison has kept this going through the last 10 months.

**Rob Miller (senior)**

Rob ran 34.46 on his own in a virtual 10k, which is more than 2 minutes quicker than his previous personal best for the distance. He has been training consistently hard since joining TAC in recent months.

**Tony Fullbrook (senior)**

Tony was nominated for his enthusiasm and motivating others by recognising their training efforts on Strava and giving ‘kudos’ and positive comments on a regular basis.

**Polly Moses (under 15)**

Celebrated her 14th birthday by running a hilly virtual half marathon in the heavy sleet and snow. Polly completed the run in 2 hours and 8 minutes.

**Niamh Tarry (under 13)**

Niamh has been following the training plans circulated by Julie Goodge to the youngest distance runners. This included some reps in the past week in the heavy rain (photo supplied).

**Emily Geake (under 15)**

Training regularly and aiming to run under 20 minutes for 5k soon. A tough hill session was completed in the week that the Challenge was launched in the sleet, at Knole Park, Sevenoaks.

**Lucy Tallon (under 17)**

Lucy is a dedicated sprinter and has been training consistently through lockdown. As a sprinter it can sometimes be very difficult to adjust to the circumstances. However, Lucy has managed to do hill work, road work, some track work, pull ups on trees, some home gym work and more. Lucy competed in the Summer and is now in Winter training.

**Jess Daly (under 17)**

Been following Iain Presnell’s training plans and working with brother Tom. They've been doing, treadmill, weights, circuits, hills up our road in Tunbridge Wells and trying to avoid pedestrians on Mt Ephraim (it's pretty flat)

**Tom Daly (under 15)**

Been following Iain Presnell’s training plans and working with sister Jess. They've been doing, treadmill, weights, circuits, hills up our road in Tunbridge Wells and trying to avoid pedestrians on Mt Ephraim (it's pretty flat). Tom has also been following a football club challenge and ran 41km in a week recently.

**Nicky Buckwell (W65)**

Nicky has followed the training schedule religiously throughout lockdown, feeding back times to me at least twice a week. She has managed to maintain a three session a week cycle and has hunted down suitable venues to do her sessions (as one becomes flooded or fenced off). She has even kept the group notified of current weather conditions and conditions underfoot so others can plan sessions accordingly.

Part 2

Nicky continues to train at various venues around Tonbridge and has managed to stay motivated despite the weather and regular flooding of her preferred training grounds.

I have been very impressed by her attitude throughout these lockdowns and she has been in regular contact with other members of the group to offer support.

**Toby Barton (under 13)**

Has been undertaking a daily running streak and as of today, 25/01/21, has completed 145 days straight!

**Huxley Crush (under 17)**

Training regularly and setting himself challenges. Improved his continuous plank personal best from 7+ minutes to 16.44 recently !

**Lara Jee (under 15)**

Lara and Penny (Horne) deserve a nomination as they have been training regularly together, regardless of the weather. Last night they were out in the pouring rain. Lara is running 4 times per week and I think that Penny matches that or comes close.

**Penny Horne (under 15)**

Lara (Jee) and Penny Horne deserve a nomination too. They have been training regularly together regardless of the weather. Last night they were out in the pouring rain. Lara is running 4 times per week and I think that Penny matches that or comes close.

**Joe Hickey (under 15)**

Joe has set himself manageable targets.  He is now running 8km,  4 times a week, and on other days walking 5km or on his bike.  Joe’s 5km time has gone from 20:17 to 18:14.  Joe has recognised the importance to his health and wellbeing himself of exercising and being outdoors.  He has done and continues to do this independently.

**Ella McIntyre (under 15)**

Ella was nominated by another parent (not her own), who could see on Strava that she is regularly training with her dad and ran a distance of more than 13k recently – “which I believe was her longest run”.

**Other nominations – remain on the list for consideration on 28th February**

**From round 2**

**Jasper Burton (under 11)**

Jasper set himself a target of running under 25 minutes for 5km and managed it on 15th January with 24.38.

**Julie Goodge (coach)**

Throughout all lockdowns she’s provided regular plans, answered all queries/questions at all hours of the day, is consistently positive and is just lovely.

**Nina Ridge (coach)**

Nina has motivated Emily (Bowart) throughout this lockdown, helping her achieve distances that she would have, otherwise have refused to do!

**TAC Coaches (various ages !)**

I would like to nominate all the TAC coaches for the motivation they have provided during the pandemic. I’m sure they are as frustrated as anybody about the lack of competition and the infrequent opportunities for proper face-to-face training sessions. But by publishing training schedules, organising Zoom chats and responding to texts and emails they have pushed us all to keep going and to keep making progress as athletes. All that they do is 100% voluntary and a number of them have been contributing to the club in all sorts of ways for over forty-five years.

**Kieran Eland (senior)**

Kieran didn’t choose the ideal time to swap from middle distance to 1 lap running and this was going to be an important winter for him, building on his speed stamina by adding some sprinting speed. Despite this he has remained highly motivated and trained hard throughout lockdown. He is an intelligent athlete that takes ownership of his training schedule and setting schedules is a two way conversation between athlete and coach.

He remains on course for an excellent season and pre-lockdown training sessions suggest 48s times are very achievable. His latest (three week block of) sessions are outlined below, but Kieran has managed to keep up the regular sessions throughout December, January and into February.

**Sally Vine (w55)**

Sally has had a terrible time with injury over the last two years (injured at Lee Valley Feb 10th 2019), but has maintained contact with the group throughout and is finally beginning to see the light at the end of the tunnel and has used lockdown as an opportunity to increase her training to the next level.

**Caitlin Boyce (under 17)**

During lockdown, I have remained consistent in my training. Running at least three times a week, despite inclement weather conditions, whilst being ‘covid friendly’. This means choosing quieter times in the day to head out and opting for routes that are less busy. I cross roads to avoid pedestrians where necessary as well as running in roads.

In a time where it is easy to become demotivated, I have made the conscience effort to continue to get out to do sprints sessions, hills repeats and longer runs. With great consistency and self motivation I’ve been able to see improvement in my times. I have also attempted longer distances such as 5ks and even a couple 10ks! I am proud of my achievements so far and I am determined to carry on!

All of my runs are available on Strava.