

## **TAC Masters update 24<sup>th</sup> May**

### **Beckenham Road Relays Wed 23<sup>rd</sup> May**

This is a relaxed but as ever competitive midweek event. The course is 2.6 miles, with a sharp incline at about 1.5k in, then the challenge of keeping your speed up along the flat park while knowing there is the challenge of keeping the pace going up the final 500m climb to the finish.

We had a number of vets running, with a team of M40 that finished 16<sup>th</sup> overall. This was led off by Dan Madams (14.27) coming in 9<sup>th</sup> place. Mark PK (15.54) dropped to 16<sup>th</sup>, before Tony Bennett (15.04) held the position. Julian Rendall (13.50) had anchored the Men's A team to Victory overall.



Nick Arnott (15.44) and Nichola Evans (18.06) joined forces with Harry Paton to be 5<sup>th</sup> mixed team

Other notable runs were from Tracey Horne (17.57) and Lucy P-K (18.06). Grazia had the unenviable task of first leg for the W45 team on an unknown course to her and it was great to see Helen Cohen racing here.



Results at <http://www.beckenhamrunning.co.uk/beckenham-team-relay/2018-team-relay-race-results>

### **SCVAC League Match**

Thank you to all the offers of help with tomorrow's meeting at Tonbridge. We have a full team of officials for the Javelin. All help with set up from 5pm will be welcome.

Team sheets are attached. As before there is always the possibility of a change on the night, so please check when you arrive. Unfortunately where an athlete competes in any event for the Div 1 ladies they cannot then compete for the Div 2 team. E.G. In this case Antonia will run for the Div 1 relay team but will then be a non scorer in the 800m. Non scorers very welcome, we may have a bit of a TAC non scorers 800M!!

We will start setting up from 5pm, if you are able to assist that will be very welcome.

**Bring Pins and number if you kept one last time.**

Curry afterwards at the Alishan. To keep it simple it will be £15 per head (main course up to £9.95, half a rice portion, half a naan and a beer or equivalent). If you require anything else, it will be on a pay as you go. At the moment we have 30 who have said Yes to the curry.

To speed things up an **advance order** would be appreciated so Please go to

<https://alishanrestaurant.com/menu-main-courses/>

Choose a main course £9.95 or less and let me know email or facebook.

### **European Non Stadia Vets Champs**

The 2018 European Masters Non-Stadia Championships were held in the Costa Blanca port city of Alicante, in the shadow of the imposing fortress of Santa Barbara Castle. More than 2,000 athletes from 20 countries gathered to battle in the sunshine at 10K and Half Marathon road races, cross country relays and 10K, 20K and 30K race walking.

The weather was as warm as the welcome, with temperatures peaking at 30C on the promenade for the race walks and 28C inland for the 10K and XC relay. Only the Half Marathon enjoyed any respite from the sun on Sunday morning (20 May) as there was partial cloud cover.

Intrepid travellers Sue James and Alan Newman carried TAC hopes, with excellent support from holidaying Cain and Di Bradley. Sue shook off a recent diagnosis of asthma to bring home W65 team silver medals at 10K and XC. Cain Bradley snuck under the radar to also be running in the 5K.

Overall the championships were well organised from the racing point of view but were poorly signposted and publicised locally. There was limited free transport for competitors and all the courses were excellent to run. The Half Marathon preceded a poorly supported open race and there were also open 5K and 10K races.

Here are Sue and Alan's results:

Friday 18 May - 10K

114th Alan Newman 45:08 (24th M60)

223rd Sue James 55:31 (15th W65 - GB team silver - Ros Tabor, Barbara Ockendon, Sue James)

Saturday 19 May - XC Relay (3x2K)

GB M60 "B" (Alan Newman, Ed Skinner, Des White) 8th 25:38

GB W65 "A" (Ros Tabor, Barbara Ockendon, Sue James) 2nd 29:14

Cain ran in the open 5k - he was 74th in 22:46 (chip) and 22:55 (gun). This was run over half of our EMACNS 10K course.



[Carrera Popular 5K 10K OPEN Alicante](#)

### **Carrera Popular 5K 10K OPEN Alicante**

Also here is a link to the official EMACNS results:

[EMACNS ALICANTE 2018](#)

### **EMACNS ALICANTE 2018**

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