

TAC Masters Update 11th April 2019

Following on from the World Indoor champs the build up to the marathon season continued with local racing for TAC Vets and the benefits of the TAC training is clearly paying off with a number of massive PB's.

Paddock Wood Half

Quite a day at Paddock Wood where there were 24 TAC runners including 15 vets, this was part of the Kent grand Prix and also the Kent Half marathon championships (which was a pleasant surprise to many as medals were won !)

Tina Oldershaw (15th Lady) was first TAC female and along with Nichola Evans 20th female (PB of 1.30.42) combined with soon to be Vet Jacqui O'Reilly 27th to be 3rd team.

Tina Oldershaw was first W45 (Kent W45 champ) in 1.28.52, with Penny Pilbeam 9th, Lucy P-K 12th (running a PB in one her last races in the AG) with Rachael Fagg 13th out of 243 running the biggest PB of the TAC contingent by 9 minutes. Tina, Penny and Lucy P-K combined to be W45 Kent Half marathon team champions.

Nichola Evans collected more trophies as she was 3rd W35 and W35 Kent Half marathon Champion, medal below. Kim Cross chopped her PB by 5 minutes to 1.42.52

Brian Dye V60 smashed his PB by almost 7 minutes. Henry Andrews stepped up his pace from last week's London Landmarks half 1.42.44 to 1.37.56 at Paddock Wood.

There was a select TAC group over 80% age grading, with Julian Rendall 84.59% pipping Tina 84.34%. Alan Buckle 80.55% was fractionally ahead of Dan Madams 80.40% as he ran at marathon pace.

Eva Kolivoskova-Martin continues to return to form 1.43.27, with Diana Goldsmith , Penny Ademuyiwa and Richard Sargent all finishing around the 2 hour mark.



Thames Valley Spring Half

Deniz Bowart ran 1.52.48 as part of her build up to the London marathon and took it at marathon pace, but reported 4 laps was quite repetitive.

Parkrun

Grazia Manzotti ran a 5km PB at Maidstone Parkrun, 23.23. Grazia has had a tricky year with injury but is getting the reward for her patient sensible return to running.

Holly Howden is another who is being patient post babies and has cut her 5Km time from 27+ to 23.58 since January.

Grazia will be going sub 23 at Bromley Parkrun soon, a date will be set and announced!!

Victoria Park 5 Miler

Scott Shurmer travelled to Victoria Park for the 5 Miler, where he was 59th out of 78 men, 20th M40 in a time of 37.36

Adidas 1 hour Challenge

Jason Barton took part in the Adidas 1 hour challenge, which is a continuous run around a 1 mile course near St Pauls Cathedral in London. The plan was to run at marathon pace. Jason ran 8.3 miles in 57 mins as he was in a rush to get home so stopped while at the exit.



Kent Spring Half Marathon

Elise Rendall was 2nd female and first W40 in this “undulating” half marathon that involved trails and roads.

SCVAC Kent Vets Track and Field League

Friday 3rd May at Eltham, Sutcliffe Park

I will be posting a potential team shortly.

BMAF Road relays Sat 18th May

Further availability required please

Southern Athletics League

If you would like to take the opportunity to race for the club in Basildon on Saturday, please let Hannah Czarnowski or Una Iageretabua, last year we missed out on promotion as a result of poor numbers at the first meeting. Best via the Facebook group links.

SCVAC Vets League

The first meeting is on the Friday 3rd May at Sutcliffe Park, Eltham . On the track there will be 400m and 3k. In the field Javelin and triple jump for both Men and Women plus Mens Pole Vault.

We have one Men's team and two Women's teams. There is non scoring in all events apart from the Javelin.