

## TAC Masters 13<sup>th</sup> December 2018

### South of England Masters Champs, Horspath 8<sup>th</sup> December

Teams were a doubt until the start, but Maria Heslop (2<sup>nd</sup>) decided she was ok to run which ensured we had a complete W50 team. Tina Oldershaw (3<sup>rd</sup>) and Lucy Pitcairn-Knowles (14<sup>th</sup>) backed her up well for a close team silver medal. The Ladies set out expecting a course of two relatively flat laps according to the maps that had been posted on the wall, however it was nothing like that as they entered the woods / steep hills and then another small lap of the same woods, more like an experience from “I’m a celebrity get me out of here”. Certainly not really what Maria wanted carrying an injury. Tina was in good form as she safely secured 3<sup>rd</sup> place individually. Yet again as in the Road relays at Sutton Park it was Winchester that pipped us 16-19!!



Sue James was 2<sup>nd</sup> W65. And Grazia Manzotti enjoyed her race in her last year as a W40.

Yet again the Men's race was over a different course to the one posted, not a bad course (if you like a tough hill) but personally it caught me out mentally.

Julian Rendall was the standout in the men's races as he was 5<sup>th</sup> in the race, but collected bronze M40-44, yes there are some good runners out there. We were 10<sup>th</sup> out of 27 Masters teams 40+. (Julian 5<sup>th</sup>, Phil 64<sup>th</sup> and Mark PK 91<sup>st</sup>)

The M50's had a complete team, with Phil Coleman (34<sup>th</sup> M50-59) accelerating over the second lap to finish a minute ahead of Mark PK (46<sup>th</sup>) with Mark Schofield (98<sup>th</sup>) completing the team in 13<sup>th</sup>. He also got the better of M60 Alan Newman, who was 14<sup>th</sup> M65-69 as he finished strongly showing his fitness is returning after his ankle injury.

Results <https://www.race-results.co.uk/results/2018/seaam.htm>



*M50 Phil Coleman, Mark PK and Mark Scholfield. Alan Newman and Sue James*

### **Fixtures**

We are really fortunate to have Alan Newman updating the fixture list on the [http://www.tonbridgeac.co.uk/Masters/masters\\_fixtures.html](http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html) do use this facility to plan your year, ensuring the BMAF Road relays on the 18<sup>th</sup> May are in the plan!

### **Masters Competition – pick on someone your own age!**

Reaching the threshold age of 35 years opens up a new world of opportunities in athletics. Anyone can enjoy representing British Masters up to World Championships level as there are no pre-entry standards required. There are several events where an England Masters selection is required. The common factor is that athletes have to pay their own entry fees and usually have to buy the necessary kit in which to compete.

In this brief article, Masters coach Alan Newman explains what is available next year and the requirements for selection and/or entry in the hope that more eligible members of TAC will join the wonderfully rewarding feeling of wearing the national Masters kit in competition.

Most representative events require affiliation to the British Masters Athletics Federation (BMAF) and this is easily and cheaply achieved by joining an Area Masters Club. Most of us

affiliate to Southern Counties Veterans (SCVAC) for £20 per annum. Join in January via this link on the BMAF website: <http://bmaf.org.uk/how-to-join/>

Note that membership of an Area Masters Club does not affect your first claim membership. It merely acts as a gateway to allow you to enter local, national and international events as your eligibility is proven through your membership. You will also receive newsletters and emails with relevant information and will be able to access the BMAF Open Track online entry system – often the only way to enter these events.

One recent innovation is the new series of England Masters road race competitions against the Celtic Nations Masters combined teams. This is still being developed but at present any W35/M35 upwards can register their interest for selection. There are currently three races in the series: 10K at Birmingham (26/05/19); Half Marathon at Maidenhead (01/09/19) and Marathon at York (20/10/19). For these events there are selection races and standards that must be achieved. These vary for each distance so visit BMAF Fixtures for more information: <http://bmaf.org.uk/fixtures/>

The key international event that requires selection is the annual British and Irish Masters XC. This is held every year in November in one of the five nations. This year's event was in Wales and next year it is in Southport on 16/11/19. Several TAC Masters should at least be seeking selection and we have a former international champion (Graeme Saker). England selection is via Area Masters Clubs, so we are back with SCVAC again.

There are England Masters Inter-Area events indoors at Lee Valley (24/02/19) and outdoors at Coventry (07/07/19) and an England Masters Inter-Area Cross Country (28/09/19), where members of SCVAC compete against the other Area Masters Clubs.

Beyond that there are British, European and World Championships that anyone who is eligible can enter. All the details are at BMAF Fixtures here: <http://bmaf.org.uk/fixtures/>

For any further information speak to Masters coach Alan Newman at training.

We should all feel comfortable training on club nights and Pete Brenchley is available to help with the Masters training on a Tuesday night as well as on Thursday nights. This has enabled us to start a specific Masters programme that will be fully inclusive, progressive and challenging for all levels. We plan to introduce this programme immediately and will start by publishing two weeks in advance in the Masters Update and/or on Masters Facebook.

### **Kent Cross Country League 2018-19**

There is still time to enter the Kent Cross Country League. If you want to join in the final race of the 2018/19 season you need to email Mark Hookway asap. Races are held over 5k for women and M70+ and over 10k for men. Here is the remaining fixtures for 2018/19:  
09/02/19 – Sparrows Den, West Wickham (to be confirmed)

Also note the Kent Cross Country Championships are at Brands Hatch on 5th January, 2019. Masters run in the relevant senior races (no separate awards). As per the Kent League, email

## **Research Study.**



I took part in a research study into "The cardiac effects of long term endurance exercise in older athletes" today at St Georges hospital. The main criteria is to be within 40-65 years of age and training regularly for endurance exercise. You will undergo ECG, Echocardiogram, VO2 test, Cardiac MRI, Cardiac CT, Blood test and wear a 24hr blood pressure monitor. It involves two visits to the hospital, booked at your own convenience according to various dates offered. Dr Gemma Parry-Williams who is doing this for her PHD is looking for another 20 volunteers. See the attached document and contact her to see if you are suitable. A great way to have a full MOT for free!



### **Are you A Male Master Endurance Athlete?**



**Beginner? Intermediate? Pro? 40-65 years of age?**

**Do you regularly run, swim and/or cycle or participate in other endurance sports?**

**Would you like to volunteer for tests on your heart?**

The Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, in South London, is currently researching the cardiac effects of long term endurance exercise in older athletes.

We are enrolling healthy male volunteers with no history of heart disease, high blood pressure, high cholesterol, smoking, kidney disease or diabetes. The study involves 3 hospital visits each lasting up to 2 hours. Two at St Georges Hospital and 1 at the Bart's Heart Centre (Central London). Each volunteer will be offered an electrocardiogram, echocardiogram, cardiopulmonary exercise test (VO2 test), cardiac MRI, cardiac CT, blood test and a 24 hour heart and blood pressure monitor.

If you are interested please complete the eligibility questionnaire at the following link:

**[www.sgul.ac.uk/master\\_athletes\\_study](http://www.sgul.ac.uk/master_athletes_study)**

If you are eligible we will then provide you with the participant's information sheet. If you would like this information prior to completing the eligibility assessment, please email: **Dr Gemma Parry-Williams@:**  
**masterathletesstudy@sgul.ac.uk**

