

TAC Masters news update 15th February 2024

Alan Bennett



Most of you will have heard the sad news that last week we lost Alan Bennett a true legend of the club. He bowed out still in the role of TAC president. Most of the distance runners will have had him shouting at us in the most challenging and distant parts of cross country and road courses, we all loved it and it gave us a real lift. He was also always supportive to athletes from other Kent clubs. Most newbies will have received the “stop looking at your watch” call or “the warm up has finished now” I clearly reached an age where I got a supportive “Well done, keep going”

When we started to build the masters activities, Alan was one of the most enthusiastic, supportive and encouraging. He always wanted to be included in these news letters and the facebook group. I remember him saying to me “a club like TAC should have a presence in the masters events” and he took great interest in performances of the master’s athletes.

What most people will not know is how much behind the scenes work he did for the club. He was involved on the committee for many years. He was a major part of the community shared agreement for use of the Tonbridge school track, a driving force to

get big projects done such as the new flood lights, Track pavilions and the winter throws net. He was involved in the switch to charity status.

We can all give great thanks for his legacy that he has left us at TAC. We will miss his knowledge, advice and most of all his presence.

Masters XC Championships 17th March

The British masters XC champs are taking place in mid wales as they return to Rhug Farm , Corwen. A few of us have discussed going to this and organising accommodation nearby. I need some definite confirmation now to arrange this.

It is open to those from 35 yoa upwards. Membership of TAC is sufficient to allow entry.

https://bmaf.org.uk/library/fixtures/2024/bmafxcc2024_info.pdf

Masters Road Relays 25th May

The British Masters road relay's will return to Mallory Park near Leicester on the 25th May.

Those of us who attended the 2023 event at Mallory park in November all expressed that it would be a good venue in more pleasant weather!! Hopefully May will give that opportunity to test the theory. Travel there was surprisingly easy early on a Saturday morning and it is a great venue to watch / support.

We can potentially be very competitive in all 10 year age groups. 35+, 45+ 55+ 65+ men and women.

Please let me know if you would like to take part and we can start to build teams.

SCVAC Kent Vets league

[Mark McAllister](#) and [Grazia Manzotti](#) team managers

League meeting Dates and Location. All start at 6.45pm

- 1) Friday 17th May – Norman Park. Host Blackheath and Bromley
- 2) Friday 31st May – Tonbridge. Host TAC
- 3) Friday 14th June – Dartford. Host DAC
- 4) Friday 28th June Sutcliffe Park. Host Cambridge harriers
- 5) Friday 12th July – Tonbridge. Host TAC
- 6) Friday 19th July – Dartford. Host Central Park AC

Timetable

<http://scvac.org.uk/2024results/SCVAC%20LEAGUE%202024%20TIMETABLES%20with%20Field%20duties%20v01.pdf>

Final will be held on Sat 31st August at Tilsley Park , Abingdon. The plan is to rotate the final through the 6 regions over a 6 year cycle to make travel fair and share the organising responsibility.

A key element to the success of the league is the ability for each club to be able to provide it's share of **officials**. **Please** take a look at [this link](#) as it is so easy to get a qualification and then assisting at 4 meetings will complete the qualification. In the event of injury you can still assist the team!!

Tonbridge AC mid summer relay at Penshurst Wednesday 3rd July

Following the embryonic relays that we have held over the last couple of years at Penshurst, a committee has been formed and the relay event with up to 100 teams (3 x a circular 4km) taking part planned. Please hold the date to either compete or assist. If you or your business would like to provide some sponsorship please contact [Richard Preston](#).

Chichester 10k

This was also the BMAF champs and attracted some high quality athletes.

Maria Heslop showed her class as despite running 37.17 she was beaten to the W55 title by multiple European W55 age group winner Lucy Elliot. Maria had to be content with a TAC W55 record.

Alan Newman was also in great form as he ran 45.46 for a TAC M70 record, placing him 8th M70.

Dan Bradley 6th M35 32.03 and Dan Longhurst 17th M40 35.27. Harriett Woolley was 8th W35 37.41

Results

Kent XC League. Norman Park 10th February

The final event of the Kent league took place at Norman Park, this relatively flat course had a little bit more bite with some extensive muddy areas.

Both Maria Heslop W55 and Graeme Saker M60 were in dominant positions to wrap up league wins for their age groups. Both added further age group wins by some margin to complete the jack pot of 4 wins and collect their trophies.

In the W45 age group Lizzie Owen was in 4th place, equal points with 3rd but with an inferior total time. She had a simple goal to beat her rival from Cambridge Harriers. She built a 30 second advantage over the first lap and a half and despite feeling nauseas was able to extend to comfortably take 3rd place in the age group for the season.

The Women's 6 to score team was all masters athletes with Theresa White filling the vital 6th place ensuring that we had a complete team (Pearl Pearce was insurance as 7th) Having done enough in the first 3 matches TAC were able to claim the 6 to score league title.



In the men's race 5 scorers in the 12 to score team were over 35 to help claim the 12 to score title. Julian Rendall, Martin Richardson and James Ashton coming 25th, 26th and 27th respectively.

VAC and EMAC Indoor Champs

A small group of TAC masters athletes headed off to Lee valley on Sunday 11th February for the VAC and EMAC indoor Championships.

First event of the day – 60m hurdles. Sarah Westrap ran a clean 4 stride race to finish with a PB of 11.47s and I was close behind with 11.56s. However, we will race again at the British Master Indoor Championships and remain optimistic that we can both go faster!

On to HJ for me where last season I struggled with an injury to my take off foot. But after a winter of rehab and treatment from Richard Puxy, I cleared 1.25m with ease and made a few good attempts at 1.30m. This is the height I really need to get back to in order to be competitive as a W50 at the World Masters this summer.

This year I decided that I am too old to long jump in the wind and rain, so this event was definitely a training exercise. Having Mark McAllister to video and offer advice was a great help. My last jump, the best technically but called a no jump....although video evidence showed otherwise!

Meanwhile Luke Williams was pole vaulting to M35 gold with a height of 3.51m. Slightly down on his seasons best of 3.64m. And Steve Tester was floating his way effortlessly twice around the indoor track to win the M40 in a super-fast time – 52.94s

Back in the field events I have been training with the W50 3kg shot this winter so how far I could throw the 4kg was a bit unknown. However, this was the highlight of my day, throwing a big PB of 8.84m.

The TAC Masters athletes finished the day in style with an excellent 60m from Sarah, 9.06. Only one hundredth off her PB and with a stumble coming out of the blocks, so

sub 9 secs is within her reach. Steve's 60m time of 7.49s (PB) was a club record for M40 and shaved 0.02 off the M35 record too!

Nina Ridge

Ray Hall Memorial Winter Race walk track league

This is a new track racewalking league, created to have more races in winter for racewalking.

There were 4 meetings on different tracks, Sutcliffe park, Tonbridge, Lewes and Aldershot. All the same distance 5000. The second meeting was at Tonbridge and also incorporated the Southern area championship, where Grazia was second senior lady.

All meeting results are on power of 10. Grazia finished second overall in the Senior women category in the league.



Penny Pilbeam Headcorn Half Marathon

Penny ran her fastest HM for some time in 1.34.30 to be rewarded with 3rd female overall.

Bromley Vets XC race 24th March 2024 10.30am

A friendly well organised race at Sparrows den.

<http://www.bromleyvetsac.org.uk/Event/OpenRace>

Tunbridge Wells Half marathon

A large number of TAC masters are taking part this Sunday.