

## **TAC Masters update 15<sup>th</sup> September**

### **Parkrun**

David Suddes , for the 4<sup>th</sup> week running David smashed his Tonbridge Parkrun PB by 30 seconds as he went under 22 minutes for the first time. Good to see Anthony Bennett running well with 4<sup>th</sup> place.

### **Blackheath and Bromley Relays**

Maxine McNulty made a welcome debut to the TAC Senior Ladies team as she led off on the fast and furious first leg at the Blackheath and Bromley XC relays for the victorious Senior Ladies team.

A number of other Masters took part with Adam Roeder leading the way in 15.35.



### **Larkfield 10k**

I think it is safe to say that the TAC women dominated at Larkfield, with the first 6 places, 5 of which are Masters qualified. Leading the way to go home with three Larkfield trophies (Overall winner, 1<sup>st</sup> W35 and 1<sup>st</sup> Team) and then a repeat with Kent Champs medals was Helen Gaunt, she snuck under 39 mins in 38.58.

She was well supported with Claire Day, Maria Heslop and Claire Day for the team medals, they also collected multiples. Maria was 1<sup>st</sup> W50 for both events, and it was great to see her back running, with the team award as well with Tina Oldershaw and Clare Brown.

Nichola Evans ran a great PB to be 6<sup>th</sup>, and very unlucky not to collect any silverware at all!!

Alan Buckle was 1<sup>st</sup> M60 for the race, but is not qualified for Kent Champs. In his first race for a year Graeme Saker collected 2<sup>nd</sup> M50 in both events, although unfortunately forgot to register his TAC membership, so we missed a medal in the M50 age group.



### Kent Vets T&F champs

A few results from those competing at the Kent Masters today

Nicky Buckwell didn't have quite such a busy day as she's used to but started with a Championship Best performance and PB in the 200m (33.72) followed by a 6.90m shot and finished with a 14 metre plus javelin. (Sorry forgot to write it down!

Nina Ridge also had a slightly lighter day than in previous competitions starting with a solid throw in the hammer giving her a 1st place (25.87) Following an enjoyable prawn sandwich she suddenly realised her 800m was not in the afternoon and had to make a quick dash to the track as the only female competitor she was being put in the men's race. How someone runs 2.39.57 on a prawn sandwich I do not know! Her day was completed with another 3rd place in the discus (24.34)

Phil Coleman ran strongly in the V55 800m finishing 2nd in 2.18.86

Mark McAllister gave a solid performance even with a dodgy hamstring to win the M45 200m in 25.14

Sarah Westrap fought all the way to the line to win her Age group 200m in 30.08.

Finally I managed to eventually get my hammer out of the cage after 3 attempts to throw 20.94 and a seasons best in the discus 22.81.

Good luck to everyone competing tomorrow including Nina Ridge & Lisa Knight in the 400m and Phil Coleman going again in the 1500m.



### **SEAA Road Relays**

We have one M40 team and one W40 team entered, those not in these teams will run in the Senior teams. Please watch and read emails from Mark Hookway re details for this event and contact him with any problems as I am away.

All info required is at <https://www.tacdistancess.com/south-of-england-road-relay-championships-sunday-22nd-september-2019.html>

### **European Masters T&F Venice**

Ben Reynolds picked up a well deserved bronze medal in Venice over 5000m, in very hot conditions.

“Finished 3rd in 16.58. On paper I expected 4th but an Italian didn't turn up and a slightly mad but fast Frenchman dropped out in front of me complaining about the heat. (He ran in Lyons in 2015 in 36 degrees with a wooly hat?!). Race was won by a Swede who I beat in the world xc earlier this year. He out-kicked my usual domestic xc foe Andy Leach. All our times were 30 secs down due to the heat. Andy went through 5k in his 10,000 last Sunday faster than he ran today.”

Sue's result in W65 800m final. Baking hot so it was tough, even for two laps in 3:46.69 (9th).

Another battling bronze for Ben Reynolds in torrid conditions in European Champs in Italy. M55 bronze half marathon in 1:20:09. Sue James 5th W65 in 10K in 54:14 and Alan Newman 8th M65 10K in 46:50. Half Marathon team medals not yet available (no teams in 10K). It was 30C plus with no shade!

Sue and Alan have been busy in Venice and I am sure he will give us a full resume on their return.