

TAC Masters Update 17th January 2019

Belated news from the Kent Champs.

Yet again there were some great performances from the Masters qualified TAC women to back up the younger runners to secure the 3 and 6 to score titles at the Kent XC Championships.



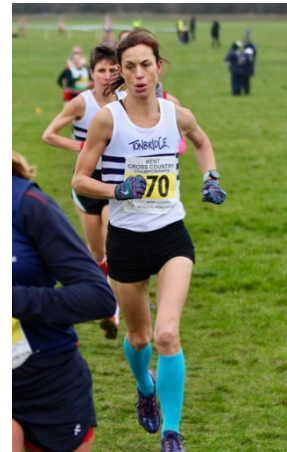
Leading the way was Maria Heslop 6th as she is beginning to feel close to 100% again. She was 3rd scorer and first W50. Claire Day just pipped Tina Oldershaw to 17th place and Sasha Houghton was yet again having another good run in 20th, just 8 seconds behind. These 3 completed the scoring for the TAC 6 to score team. Liz Weeks (10th) W35 has also now joined TAC since the Kent Champs and will help to make our W35 relay team very strong.



Liz weeks and Maria Heslop.



Claire Day and Tina Oldershaw.



Sasha Houghton

Due to the strength of the TAC winning team, Julian Rendall just snuck in as the 12th Scorer for the Men's winning team, despite finishing 34th overall! Ben Reynolds was 8 seconds behind as he was comfortably the first M50 to finish. Nick Barrable (73rd) was making a visit back from Sweden and finished just behind Simon Fraser. Steve Keywood continued his good season, providing a challenge for Adam Roeder (it is 3 laps not 2 !)



Distance Training

The training plan for the Alan Newman / Pete Brenchley group aimed specifically at Masters athletes can now be seen on the Tonbridge AC website at

[http://www.tonbridgeac.co.uk/Masters/training/Masters Training 01-19.pdf](http://www.tonbridgeac.co.uk/Masters/training/Masters_Training_01-19.pdf)

And this will be regularly updated.

Dates

British Masters Road Relays May 18th.
Sutton Coldfield

This is one of the best attended events in the Masters calendar and this year returns to it's usual date, allowing a month for Marathon runners to recover.

Having narrowly missed out on Gold medal in the W45 AG last year, I am hoping we can challenge in the W35, W45 and M65 this year. With teams in the M45 and M55 age groups as well, (possibly the 6 stage M35 but this will require early commitment)

SCVAC Vets League

The dates are as below, so please put them in your diaries and book an early finish from work, as we will attempt to retain the new trophies! The home match will require plenty of assistance on the night.

Fri 3rd May	Sutcliffe Park
Mon 13th May.	Dartford
Fri 31st May.	Tonbridge
Mon 10th June	Medway
Mon 1st July.	Ashford
Fri 19th July.	Bexley