

TAC Masters Update 17th May 2018

SCVAC Vets League

After a delayed start due to the cancellation of Sutcliffe Park, summer arrived and we got off to a flying start at Ashford with wins for all 3 teams!!



Unsung hero's of the evening who took one for the team were Brian Buckwell who stepped in to do the M60 discus for the first time, but was rewarded with an unexpected M60 Club record of 15.84. Grazia Manzotti, who as first Claim Sevenoaks was thrown in at the deep end to team manage her fledgling team (Men and Women) while making her debut in the competition. Unfortunately, this was at the expense of her own performance. However, it is important for Div 2 that there are sufficient Women's teams and I hope that the SAC team build on this start, bearing in mind that we had only 3 athletes in our first Women's team 2 years ago.

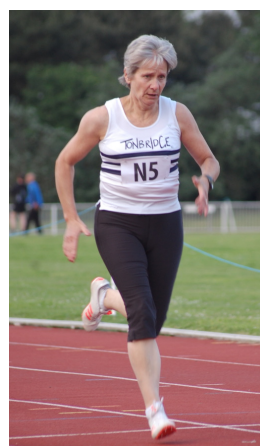
Remarkably the Men's team only dropped 4 points on the track! However, Medway and Blackheath were weak on the night and I am sure will be stronger when the venue is closer to home. There were two very slick relay performances by the men's teams. The scoring team was only 0.44 outside their record from last year. Then a non-scoring M50 team set the fastest time in the UK by a M50 team so far this year.



In Women's Div 1, consistency proved again to be a winning formula as there was only one event where we were outside the top 3. The relay team was a new combination and thanks to the expert tuition from Mark McAllister and Steve Brooks looked slick and safe, there is more speed to come. Carla Caswell was impressive on her debut for the club over 200m and 4 x 100m relay, despite in her words a "lack of recent training". There were wins for Di

Bradley, Lucy PK and Lisa Knight. Nina Ridge has shown the benefit of practice as she has gained distance to be consistently in the top 3 of her throws and jumps. She has also recently set a new W35 Hammer record of 23.09. Sally Vine has shown what a winter of training has done as she took almost 2 seconds off her time from the finals last September.

There were lots of track and club debuts in the Women's Div 2 team where yet again we covered all events to amass a total of 66 points, achieving Alan Newmans (team manager) target to score more points than the Div 1 team!! Sarah Westrap went beyond the call of duty as she almost collapsed at the end of the 200m race when she found that she had not recovered from sickness over the weekend, yet still did enough to win! Angie and Edina showed the team spirit as they stepped in to cover for Sarah in subsequent events. Nichola Evans demonstrated her speed in the 200m, then her distance running experience as she paced the 1500m to a convincing win, before anchoring the 4 x 100m relay team to victory.



Ian Crawley established a new M55 200m record of 27.7 as he ran a non-scoring event. A big thank you to our officials on the night, Tim and Ray.

Results.

<http://www.scvac.org.uk/SCVAC%20Kent%20League%20Julie%20Rose,%20Ashford%20Results%2014052018.pdf>

Minnis Bay 10K

Tina Oldershaw won the Minnis Bay 10k on Sunday running 39.17.47 to be fifth overall. This was faster than the week before at Birmingham despite the hills at Minnis bay.

<http://www.trackathletics.co.uk/race-results/stelling-minnis-10k-results-2018/>

Beckenham Relays

These are taking place on Wednesday evening (23rd), Mark Hookway and Dan Bradley are organising the teams. There will be Men's, Women's and a mixed team.

SCVAC League at Tonbridge

NEXT FRIDAY 25th May. 6.45pm

As there are 4 field events taking place, as many volunteers to help set up from 4.30pm will be appreciated. (Pole Vault, High Jump, Shot Put and Javelin).

We are also officiating the Javelin which requires 6 officials. Again offers to help collect javelins or get a taste of officiating welcome.

Details of a curry, post event will be posted soon.