



## TAC MASTERS. 19TH MAY 2020

### ADAM GROUP VIRTUAL CHALLENGE LEADERBOARD 21ST MAY

Position	First Name	Surname	Sex	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Running
1	Adam	Tibbals	M	8	6	11	4	2	2	1	1	35
2	Tony	Fullbrook	M	4	10	3	7	6	1	9	5	45
3	Verity	Hopkins	F	13	1	6	2	7	7	6	7	49
6	Ben	Hepden	M	2	13	14	3	7	7	2	1	49
5	Russell	Mcintyre	M	13	5	4	8	5	3	8	4	50
4	Charlotte	Warren	F	5	8	2	6	7	7	11	7	53
7	Nichola	Evans	F	1	3	18	11	7	7	5	7	59
11	Jason	Barton	M	6	13	13	11	3	6	4	3	59
9	Andy	Howey	M	13	13	8	1	1	7	11	7	61
10	Mark	PK	M	13	11	9	5	4	4	10	6	62
8	James	Fullbrook	M	3	4	18	11	7	7	9	7	66
12	Nicola	Summerfield	F	7	7	12	10	7	7	11	7	68
13	Liz	Weeks	F	13	13	1	11	7	7	11	7	70
14	Richard	Sargent	M	12	2	16	11	7	5	11	7	71
15	Adam	Roeder	M	9	13	18	9	7	7	3	7	73
16	Alan	Buckle	M	13	13	5	11	7	7	11	7	74
17	Tony	Bennett	M	13	12	7	11	7	7	11	7	75
18	Penny	Pilbeam	F	13	13	10	11	7	7	11	7	79
19	Penny	Ademuyiwa	F	11	9	17	11	7	7	11	7	90
20	Julian	Rendall	M	10	13	18	11	7	7	11	7	84
21	Simon	Fraser	F	13	13	15	11	7	7	11	7	84

## ADAM Virtual Challenges

As you can see from the table above Adam Tibbals is a worthy leader as quality has risen to the top. Adam and Ben both deserve a mention for their Royal Flush challenge in which they ran increasingly faster km's for 16km. Both Physical and Mental strength. This weeks challenge is the 1km test.



# Masters National Virtual road relays 14th-20th June

Organised by our very own Russell McIntyre this Virtual race has already attracted nearly 1500 competitors. Please enter now, there is no fee, so we can see where athletes may need to run down an AG, as I will need to inform Russell if this is the case. At this stage just enter yourself using this link. [ENTER](#)

Each athlete will run a 5km with rules regarding elevation etc and send in their Garmin or Strava evidence.

Age groups are 35-44 (6 4), 45-54 (4 3), 55-64 (3 3), 65-74 (3 3) in both Men and Women. Number in brackets indicate number of team members. Please can those in each age group encourage others to build our teams

So far we will be able to have complete M35 and 45 teams. *Tony Fullbrook desperately seeking at least 2 males over 55 to have a complete team.*

Where are you TAC women?????

Nick Arnott	M	V45	M45
Jason Barton	M	V40	M40
Simon Fraser	M	V40	M40
Antony Fullbrook	M	V55	M55
Russell McIntyre	M	V45	M45
Mark Pitcairn-Knowles	M	V50	M50
Adam Roeder	M	V35	M35
Scott Shurmer	M	V45	M45
Michael Thomson	M	V50	M50
Tom Woolley	M	V40	M40
Alex Slack	M	V45	M45
Anthony Crush	M	V45	M45
Anthony Bennett	M	V45	M45
Richard Newbold	M	V50	M50

**Join the ADAM**  
**Facebook group**



*It is great to hear how some of the long term injured are recovering and I hope it has been of some comfort that they have not missed anything this season!!!*

## Training Advice – June/July 2020

Alan Newman

There has been a partial easing of the Covid-19 lockdown and England Athletics has updated its advice regarding training. However, there is no indication when any group training or any form of competition will return (both remain off limits until at least July). I recommend you read the latest England Athletics statement at: <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities/> The main changes affecting distance runners are that you can now be coached on a one-to-one basis or train with one other person, provided strict social distancing is followed. This does not mean that more than one pair (athlete/coach or two athletes) can train together. This is just a first, small step to help coaches and athletes to start training together again. TAC has emailed all members to explain that initially there will be no 'un-coached' use of the track, although the lower fields are freely available for training.

It is clear that many of you have managed, some even thrived, during the lockdown and there has been good support for the various 'virtual challenges' that have been set up by Nichola Evans, Mark P-K and others. Please stay strong and patient, as I am sure there will be a gradual easing of the restrictions as the situation improves. We can now take as much exercise as we wish (or our energy levels permit). Therefore.....**cont**