

## **TAC Masters Update 20<sup>th</sup> February 2020**

### **SCVAC Indoor Champs Lee Valley Sunday 16<sup>th</sup> Feb. (Nicky Buckwell reports)**

Eight vets from TAC travelled to Lee Valley on Sunday to take part in the SCVAC champs - the largest number of TAC vets so far, to compete at an indoor vets championships.

After a wet and windy journey it was good to know that the action would be taking place in the dry and warm conditions of Lee Valley Indoor arena, complete with an impressive warm up area which was much appreciated by all - apart from Brian Buckwell who could not shake off his distance roots and insisted on warming up outside in the pouring rain!!

In the W45 age group, Sarah Westrap was making her debut indoors over 200m and 60m. In the 200 she "enjoyed" her first outing on the banked track and finished in 31.14. In the 60m she had obviously taken tips from Mark McAllister and false started before having a really good run (9.05), but although she was given exactly the same time as the third placed athlete she was recorded as finishing fourth so just missed out on a medal!!

Nina Ridge (W45) - also debuting on the indoor track - had a storming race to comfortably the W45 400m in 65.02, but felt with stronger opposition she can go quicker.

Diane Wright (W50) looked impressive winning both the 60m (9.35) and 200m (31.74), which were club records.

Nicky Buckwell (W60) also ran the 60m and 200m, with wins in both (10.61 and 36.44). She also won the indoor shot and recorded a new club record (7.38).

Sue James (W65) was the final member of the ladies group and ran well to win the 800m (3:54.24).

Mark McAllister (M45) had a great run to take second in the 200m (25.67). The start of his 60m (7.90) was delayed for a time and, once completed, he learnt that he had the dubious pleasure of participating in the only hand timed event of the day (due to a temporary problem with the electronic timing system!) and was awarded second place - even though both he and the winner felt that he had crossed the line first!

Richard Christian (M55) was making a return to competition after a break from athletics and ran well to set club records for both the 60m (8.67) and 200m (28.73).

Brian Buckwell (M65) was also making his debut indoors - due largely to the fact that he had got bored watching Nicky at previous events, didn't fancy a half marathon and so thought "if you can't beat them, join them". He finished second in the 800m (2:38.77) and first in the 400m (72.00).

All in all it was a great day for the vets and many of them - and some additional ones - will be in action again on 23 February at the BMAF Indoor Pentathlon and South of England Masters and on 7/8 March at the BMAF Indoor Track and Field Champs - good luck to all.

Thanks also go to our supporters - Carla Caswell for her great work as official photographer for the day, Steve for coming along and adding his support and also to Iain Presnell for coming to keep an eye on his more mature athletes!!

Apologies to Sue James who had sadly disappeared before we took the photo below.



### **Tunbridge Wells Half Marathon Sunday 16<sup>th</sup> February**

The organisers held their nerve to allow this to take place and the delayed start ensured the worst of the wind had passed, although there was plenty of water to deal with.

There were some outstanding performances. PB's for Nichola Evans, 1.31.10 5<sup>th</sup> female only 20 seconds behind 2<sup>nd</sup> place. David Suddes continues to lower PB's with 1.38.50. I think Nicola Summerfield was 13 seconds better than her best. Emma Holland was top Age group placer with 2<sup>nd</sup> in the W45-54. Charlotte warren W35-44 and Penny Pilbeam 45-54 were both 6<sup>th</sup> in their respective age groups.

*Charlotte Warren (Top)*  
*Penny Pilbeam*



*Emma Hollands (Top)*  
*James Winnifrith and Michael Thomson*



Tom Woolley was the top TAC Masters finisher with 1.19.23, closely followed by Julian Rendall (returning from recent injury) 1.19.59 and Anthony Bennett 1.22.02.



Helen Gaunt put her disappointing Chichester 10k behind her to win convincingly in 1.23.44 (6 minutes ahead of 2<sup>nd</sup> lady) This was also close to her best time set in 2012 before starting her family.



*Tom Woolley*



*Helen Gaunt*

Dan Crush ran a remarkable 1.38.05 after a crash course of training over the last 4 weeks. Clare Moses was making her debut for the club as I believe she prepares for a marathon.

### **South of England Road relays, Milton Keynes 22<sup>nd</sup> March**

If you would like to help make up the teams for this event please put your name forward to [Markhookway@icloud.com](mailto:Markhookway@icloud.com) It would be good to qualify 2 teams for the Nationals, so to give Mark as many options as possible really helps him team manage. In the Men's there are 6 x 4.8 km and 6 x 7.2 km legs per team. And in the women's there are 2 x 7.2km and 4 x 4.8km. It is a good traffic free flat course.

### **National Masters Road Relays 16<sup>th</sup> May Sutton Coldfield**

20 signed up so far, please let me know. Don't think that others are faster so you won't bother!

GOOD LUCK TO ALL THOSE TAKING PART IN THE NATIONAL XC CHAMPS IN NOTTINGHAM THIS WEEKEND, EXPECT THE MUDDIEST RACE YOU HAVE HAD TO DATE!

Pick your feet up or this could be you!!! I think that 2017 could prove to have been a relatively dry year

