

## Tonbridge Masters Update 21<sup>st</sup> March 2024

### Essex 20 Miler

This event slots in well with marathon build ups and is a souther intercounty event.

Nichola Evans 2nd W40 2.12.52 , Harriet Woolley W35 2.17.51 and Dan Bradley M35 1.51.05 were all selected for Kent. Dan was part of the Kent mens team that were 2<sup>nd</sup>. Nathan Chapman also ran 2.09.55



### Romsey 5 Mile 21<sup>st</sup> January

Romsey 5 mile at Broadlands Estate 21 January. Phil targeted this race as his first as an M60. He was 31st overall from 800+ , and achieved first M60 in 31:53.



## **BMAF Masters XC Champs Rhug 16<sup>th</sup> March**

Tony Bennett writes

“A Penny for your Thoughts”

Four intrepid Kentish raiders bore the club colours as Tonbridge claimed team silver medals in the vet 45-54 age group, thanks to PK(v55) and Phil (v60) agreeing to run down an age group .



The British Masters, which we hosted a couple of years ago, was in north Wales at the impressive Rhug estate last weekend. It was not a brilliantly attended event with just under 100 runners in the women's race (combined with over 65 men) and a similar number in the men's equivalent. This was a shame, given the superb organisation and the excellent course, which for the men encapsulated three laps of a muddy, hilly, strength sapping 8 KM course (or slightly further - if one believes a Garmin!).

Silver medals were secured behind a strong Leeds City outfit but ahead of the best the Welsh had to offer- Denbeigh! Tony(v45) was 46<sup>th</sup>, PK fresh from warm weather rum drinking in the British Virgin Islands won the club battle to be second man home in 72nd just one place ahead of Richard Preston fresh from 3 months travel in NZ (v50) with Phil closing the squad in 80th.

We stayed in an Air BnB in a village on the English side of the border which suited our needs perfectly. Whittington had two pubs providing the rugby on the tv so, with the company of Alun Rodgers of M&M, a most enjoyable post race rehydration ensued.

We met up with two former TAC members, Huw Evans ( now residing in Wales) who was highly enthused to be first v50 finisher and Will Levett (TWH) who placed 14th. The race winner was Lee Gratton who placed 26th at the recent inter-counties - 9 places behind Ben Cole.

It was an excellent weekend, ably organised by Mark PK who drove us up on Friday night and got us back for family responsibilities by Sunday lunchtime. Phil provided many entertaining tales, whilst the state of politics today, sporting debate and the future of athletics provided many an animated discussion. Would anybody prefer Penny Morduant as prime minister ahead of the current likely combatants ?

I strongly encourage any reader to consider joining us for next years event.



British Masters XC 2024 Bill Scriven Photos



XC 2024 Bill Scriven Photos

### **Kent Champs**

Grazia Manzotti was second in the walk at Lee Valley Kent indoor Senior Champs. The judges were very tight and as a result there were only two finishers from the initial field.

### **Lydd 20 mile**

Ben Shearer won this race in 1.51.12 for a very impressive UK M45 record!!

### **BMAF Relays May 25<sup>th</sup> May Mallory Park**

This promises to be an exciting day of racing back in the early summer conditions. There is an option to stay over to do another relay on the Sunday. See this link

<https://bmaf.org.uk/2024/03/08/a-weekend-of-cameraderie-and-sporting-friendship/>

We have a complete W55 team, with other teams building.

Teams are ten year age groups from 35-44,45-54,55-64,65-74

Please let me know asap if you would like to take part or are definitely not able to take part. I will do my best to ensure that everyone who wants to race will get the opportunity.

### **Paddock Wood HM**

There were lots of TAC runners at this local race. I don't have time to check who ran PB's etc. However amongst many good times Jat Soomal achieved his sub 1.30 target, Rebecca Morton and Hannah Smith made their debuts for TAC and Joe Baldwin was guided by Tony Bennett to his sub 2.00 target.

<https://events.sportssystem.co.uk/results/?eid=58&rid=42&tid=307>

### **Beckenham Relays**

Wednesday 22<sup>nd</sup> May 7.30pm. Please let me know if you would like to take part in these fun relays for all abilities. 3 x 2.6 miles at Beckenham Place Park. The cost is normally about £6 per athlete. We will enter as a team.

**Tonbridge AC relay July 3<sup>rd</sup> Penshurst**

Please save this date to run or help at this inaugural event that we are hosting.