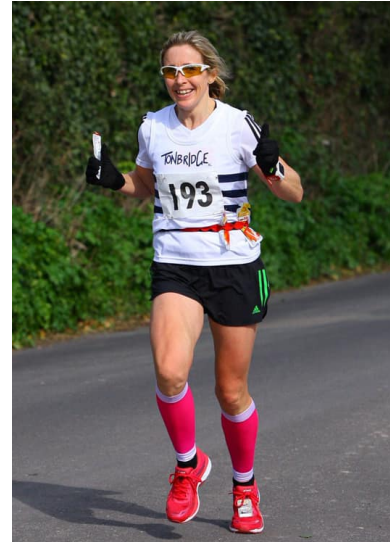


TAC Masters Update 21st March 2019

Thanet 20 miler Sun 17th March

Congratulations to Elise Rendall who followed up a regional Police XC victory earlier in the week (along with Officer Kim Cross) by being first Lady at Thanet over 20 miles. As these photos suggest Elise took it her stride showing how well her training is going in the build up to the VLM. She won in 2.33.55, one and a half minutes ahead of the 2nd place lady.



Knole Park 10K, 17th March

Claire Day has a liking for this race and rose to the challenge on Sunday as she prevailed by 2 seconds. This was a case of don't judge on appearances! Lining up at the start there appeared to be two potential challengers one from Bexley and another who was dressed in leggings, hoodie and cap (all of a brand and colour that Adam Roeder would approve of). Clearly we muttered to ourselves that number two would get overheated!! Claire worked her way to the front on the second lap, but the clothing did not hinder her challenger as she regained the lead with 800m to go, however recent 200m reps proved their worth as Claire was not done and got back to win by 2 seconds.



Lucy PK was 9th Lady as TAC completed a comprehensive team win (Ellen PK 4th)



Mark PK paced Ellen to 45.03. Tony Fullbrook showed great improvement to be 36th 46.55. Maurice Marchant was 60.41 on the tough undulating course.

The much appreciated support from Tony Bennett and his family at the furthest point of the course, shows that some things definitely run in families!!!!

Kent Indoors Championships, Lee valley 16th/ 17th March

Ian Crawley ran in finals of the Kent Champs (not Masters) up against younger opposition. He ran 2.26.76 in preparation for the World Masters Indoor champs in Poland next week. He was then Silver medallist behind club mate Alex Hookway in the high jump, 1.55, before registering 4.57 in the long jump.

Nina Ridge collected Gold medal in the Triple Jump with 8.42. Angie Crush was not at her best in the Pole Vault as she cleared 1.85.

World Masters Indoor Championships Sunday 24th – Sat 30th March

Look out for live coverage from Torum, where Ian Crawley Pentathlon Wed 27th , Sue James (XC Mon 24th , 800m Wed 27th/28th , 1500m Fri 29th/ 30th and 4 x200m) and Alan Newman (3k Sun 24th , XC Mon 25th , 10k road Wed 27th , 1500m Fri 29th) will all be competing.

<https://wmaci2019.com>