

## **Masters News 21<sup>st</sup> September 2023**

Good luck to Ian Crawley, Alan Newman and Grazia Manzotti all taking part in the European masters T&F champs in Pescara Italy.

## **Southampton festival of Endurance 30<sup>th</sup> July**

Phil Coleman was first M55 in the 5km in 19.00

## **Tonbridge Open Meeting**

Maria Heslop set a new TAC W50 and W55 record 5.21.27

Richard Preston M50 1500m PB 5.05.83. Lizzie Owen consoled herself with a PB of 5.44.39 as she was 3<sup>rd</sup> in her family race!!!

## **Distance Winter events**

For those that are new to the winter season you may not be totally familiar with the events that are listed on the Google sheet that Mark Hookway has requested you to fill. Fill as you can, it is always easier for him if he has an idea in advance.

<https://forms.gle/ssiC7zjEBf7VPN5R7>

However, there are also these below :

Oct 14<sup>th</sup> England Masters XC team selection race. Derby. Individual entry. This to race in the British and Irish Home International on the 11<sup>th</sup> November in Glasgow.

Nov 19<sup>th</sup> BMAF Road Relays , Mallory Park. Team categories 35,45,55,65 (team entry)

Dec 2nd Kent Vets XC Dartford Team cats W35,W45,W55, M40,M50,M60 (team Entry)

Dec 3<sup>rd</sup> BMAF 5k Road champs Battersea London (individual entry)

Dec 10<sup>th</sup> South of England Masters XC , Team categories 40,50,60. (team entry)

Also the European Masters Champs in Pescara Italy 21<sup>st</sup> Sept to 1<sup>st</sup> Oct

There are England masters team opportunities at 10k, HM and Marathon, 15 (top 3 from each qualifying race) selected per 5 year age group. Read more about qualifying races

<https://www.englandathletics.org/team-england/age-group-masters/masters-teams/>

Details <https://d1laub10p5ibfa.cloudfront.net/2023/05/Masters-FAQs-2023-24.pdf>

## **Running with Joe Baldwin**

As the winter approaches we need to plan how we assist Joe Baldwin running in the dark on the roads. If you know of anyone who may like this opportunity to join the club sessions on a regular basis in return for free membership please ask them to contact anyone in the Senior group coaching team. THIS IS A PRIORITY TO ALLOW JOE TO CONTINUE TRAINING.

## **Coaching Opportunities**

Please let Michael Ellis, Mark Hookway, or Mark PK know if you would like to become involved in the coaching team at the club. There are various roles and they do not necessarily require great depth of athletic knowledge.

### **Clapham 5k**

John Harley M70, recorded 23.10 for this evening event on Wednesday 16<sup>th</sup>

### **South of England Walk championships**

Grazia Manzotti came 3<sup>rd</sup> in this senior event.



### **BMAF Throws Pentathlon 2023**

On Sunday 20th August Charlotte Nicholls W35, Nina Ridge W45, Sally Vine W55, Diane Bradley W60 and Peter Buxton M60 traveled to Oxford for the BMAF Throws Pentathlon. Hammer, discus, shot, javelin and the weighted throw. With record entries for this event the standard of was extremely high.

Charlotte had a shaky start in the hammer with 2 no throws but managed a safe 3rd attempt. She then steadily climbed through the field with PB's in the discus and weighted throw to finish in a very respectable 4th place.

After a strong start in the hammer with a seasons best, Nina had a steady competition. A PB in the javelin moved her up to 2nd. Despite being a complete novice in the weighted throw she managed to just hold on the the silver medal - 14 points ahead of bronze.

Sally threw a new PB in the 7.26kg weighted throw and was very close to her PB's in the other 4 throws. She came 2nd in the W55, again showing that in multi event competitions, consistency is key.

Diane probably had the toughest competition in the W60's. However, she certainly held her own equalling her 3kg shot PB and setting a new javelin PB.

Peter started his competition with a PB in the hammer. Although he wasn't far from his best in the other events, he was a bit disappointed with the rest of his competition and will be looking to improve for next time.



### **Mid Cheshire 5k Road race 25<sup>th</sup> August**

Harriet Woolley represented the England Masters W35 team and ran a PB 17.43 on this notoriously fast course .

<https://runcheshire.niftyentries.com/Results/Mid-Cheshire-5k-Summer-2023>

### **Kent Masters T&F Championships**

Plenty of good results over two weekends with medals for Mark McAllister, Ian Crawley, Graeme Saker, Alan Newman, Charlotte Nicholls, Sarah Westrap, Diane Wright, Grazia Manzotti and Angie Crush. Some events were more competitive than others however to win medals the standard has to be achieved.

<http://www.kcaa.org.uk/results2023/KCAAMastersOtherChampionshipResults16-17092023.pdf>

<http://www.kcaa.org.uk/champs/KCAAMastersJumpsChampionshipResults2023.pdf>

### **Big Half marathon**

Laura Andrade W40 ran 1.35.58 in London, with Graeme Charters M65 2.54.23

### **Weald 10k**

Lizzie Owen was first lady in 42.50. Eva Kolivoskova-Martin 55.20.

### **Badlesmere Multi Terrain 10k**

Graeme Saker 2<sup>nd</sup> overall in 41.41

### **BMAF Champs**

Held in Derby over the weekend of the 2<sup>nd</sup> and 3<sup>rd</sup> September. Best result was a win for Grazia Manzotti in the 3k walk 16.15.54. Tom Richards ran a TAC club record of 1.00.28 in the 400mH M35 to collect bronze medal.

Alan Newman broke the TAC M70 1500m record 5.56.63.

Nick Arnott looked like taking bronze in the M50 800m before taking an unfortunate fall that resulted in a fractured forearm.

<https://bmaf.org.uk/results/res2022/BMAFotfc2022%20Results.pdf>



### **Blackheath Relays**

Plenty of TAC masters sprinkled through the teams. Richard Preston setting the fastest time in 15.58 with Maria Heslop not far behind in 16.11.

Richard then guided Joe Baldwin around the tricky course.



### **Larkfield 10k**

This race is the Kent short course championships.

Dan Bradley M35 won the race outright 32.06. Harriet Woolley 39.16 was 1<sup>st</sup> W35. Penny Pilbeam 43.45 2<sup>nd</sup> W45. There were plenty of other masters racing.

<http://results.netiming.co.uk/results.aspx?CId=20008&RId=347&EId=1&dt=1>

### **Hospice in the Weald 10k and HM**

Helen Gaunt 1.26.12 won the women's race on a truly challenging course involving an uphill last 2km.

Mark PK 41.29 and Andy Wood 45.35 ran the 10k.

<https://results.sporthive.com/events/7107008038420203264>

### **New Forest Half Marathon and Marathon 10<sup>th</sup> Sept**

Half M Nathan Chapman 12<sup>th</sup> in 1.22.55

Marathon Steve Ellison 4.22.46

<https://www.newforestmarathon.co.uk/the-race/2023-race-results/>

### **UK 5k Road Championships Newcastle**

Ben Cole ran a superb 14.28 in this high quality race.

Apologies for missing races and performances, I have got behind on admin!!!