

TAC Masters Update 23rd May

BMAF National Masters Relays Sutton Coldfield

We travelled hopeful of medals in the W35 and M65 teams and both teams delivered Bronze medals.

Rotherham and Derby had been 1st and 2nd last year and repeated this, however the silver medal was being disputed by TAC until half way round the final lap.



Liz Weeks (20.04) set the tone for an aggressive run on the difficult first leg when it is easy to overdo it in the first 2 km of this surprisingly challenging 5.09km route. She led off the start and held it together to handover to Nichola Evans in 8th place. Most teams have a strong runner on the 1st leg and Nichola (20.40) was quickly up to 4th place before catching the Derby runner just before the end. Sasha Humphries (21.05) slipped 1 place as Stroud & District moved through. However there was only 15 seconds separating 2nd to 5th. Elle Baker was soon in a clear battle for 2nd with Lisa Palmer (Derby AC) who ran the fastest leg of the race last year. She repeated that again this year as she got the better of Elle who found the exertions of her 17.05 5Km last week just tired her legs as she was unable to hang on to the Derby runner. Both Lisa and Elle closed down the Rotherham leader from a three and a half minute lead to a 25 second win.

This was a first medal for TAC in this age group and with a squad improving we should be able to go one better next year.



The M65 squad were given a great start by John Harley (21.23) to be a close 3rd, with the winner of first leg being a single runner he was effectively 2nd. Alan Newman (21.45) showed a welcome return to form to hold 2nd and give Brian Buckwell (23.25) a useful buffer over 4th place.

The M55 team were 11th and the M45 team 33rd. Phillip Coleman was the fastest TAC male on the day in 19.32. Mark P-K was the only TAC runner to be faster than last year.

The W45 team was changing throughout the week and finished 11th.

Videos at https://www.youtube.com/channel/UC1GJ4G-GE_1V_TuF7_tBtmQ

Beckenham Relays Wed 22nd May

A lovely warm evening in Beckenham Park saw Liz weeks continue her run of podium finishes as she teamed up with Dan Bradley and Julian Rendall to be part of TAC mixed team that finished 2nd. There were a number of vets running at this popular event. Grazia Manzotti improved her time by 3 minutes from last year. It was good to see the Crush team of Dan Angie and Anthony linking up again as a team, although a lack of training saw them 3 minutes down on their time in 2017.



Toronto 10K

Brian Doe ran the Sporting Life Toronto 10k on 12 May, and was placed 6/299 in the V60 category in a time of 45:11.3, a personal best.

Canterbury 10K

Tina Oldershaw will definitely be requiring a larger trophy cabinet as she won the 10k on Sunday.



Southern Athletics League. Mile End Sun 19th

Nina Ridge was busy in the Hammer, Triple Jump, Discus and 800m. She collected quite a number of points for the team which appears to have come a very close second place in the match. Grazia Manzotti ran another PB in the 1500m despite being alone for the whole race. Ian Crawley PV and HJ was in action. Final results still not available.

Adidas Event. TODAY

Don't forget that Adidas will be at the club with a number of their shoes for you to test during training. Come down early and ask them questions on shoes!!!! 5.45pm onwards

SCVAC Vets League Fri 31st May Tonbridge

Thank you for all your responses re availability. Teams are looking good and as we all know this is the best meeting out of the 6 and then followed by a curry (let Nichola Evans know if you want to be included for the curry) I will send an updated team sheet soon.

Staplehurst 10k Sun 9th June

Quite a number are planning to do this race. I plan to run with Joe Baldwin and I know he would enjoy having some other TAC runners around.