

TAC Masters Update 25th April 2019

TAC MEMBERSHIP MUST BE RENEWED BY THE 31ST APRIL

Southern Athletics League, Basildon Update

When the results were eventually published on the web after some technical difficulties there was a nice surprise that TAC had actually won the first meeting by 4.5 points. So which one of the vets made all the difference!!! Of course you all did, but particular mention to Kim Cross who definitely stepped outside of her comfort zone to race against youngsters and secured 3 points in the 3000m. Nina Ridge supplied 10 points in individual events as well as 5 points from two relays. Both Nina (4 x 400m) and Diane Wright (4 x 100m) were able to be part of a team including their daughters, pretty impressive for sprints!

Masters athletes contributed 30 individual points and effectively 10 points in relays (assuming teams may not have been complete without these athletes). Keep offering your services.

Beckenham Relays wed 22nd May

This is a great event on a Wednesday evening. Do let Mark Hookway know if you would like to be part of this, he will comprise the teams some Mens, Womens and mixed. At present he has entered 5 teams, but can do more providing there is space.

markhookway@icloud.com

Folkstone 10 Mile

There was a terrific result for the TAC Ladies at this sea front out and back. It sounds as if there was a slight headwind on the outward 5 miles. Liz Weeks won the Female race in 1.07.27, with Claire Day second, not far behind in 1.08.12. Jacqui O'Reilly who will be qualified as a Vet in August was 5th to make an impressive team win.



Norman Fowler Open meeting at Tonbridge Easter Monday

This was a very well attended event with a number of Vets taking part.

I was fortunate enough to be on Officials duty at the Pole Vault to witness Angie Crush vaulting a PB of 2.20m. Having cleared 1.90, Angie confidently stated that she would pass until 2.20m (KitKat level, this is to be in possession of the chunky Kit Kat that belongs to either Ian Crawley, if the gap between PB's is more than 1m or Angie Crush, if it is less). It is great to see how Angie works with her coach and loves the technical side of the event.

Ian Crawley, busy as ever, returned from the 100m Hurdles (PB 17.12) and High Jump (PB of 1.60m) to find that he had to vault a PB to regain the KitKat, this wasn't to be. He was also just outside Brian Buckwells 300m M55 club record, in 43.91, despite a strong final 100m in which he overhauled his U17 rival. Also competing in multiple events Nina Ridge (W45) ran a 150m PB of 23.19, jumped 3.74 in the Long jump, Shot Put a PB of 7.58.



Grazia Manzotti showed how her hard work during the winter has paid off as she took part in the 3km Race walk against Tom Bosworth, she finished strongly without any yellow cards in 18.40.26.



Brian Buckwell (M65), ran 1.52.54 in the 600m and jumped 3.69 in the Long Jump. Stuart Medlen, who has featured in our record breaking 4 x 100m relay team, ran 20.05 in the 150m.

Steve Tester (M35) ran 17.45 in the 150m and followed with 37.33 in the 300m. Mark McAllister (M45) ran 40.69 for the 300m. Adam Roeder (M35) was very close to his PB with 4.52.84 in the 1500m.

Pete Ebbage has moved up to the M60 which means a lighter Hammer, which he promptly threw to a PB of 30.27, although this was only good enough for second place in the Ebbage family challenge.



Clare Elms W55 of Dulwich showed real class as she ran a World record 4.48.65 for the W55 1500m. She has been on great form Indoors this year, setting a number of W55 World records and looks set to do the same outside during this summer.

London Marathon

Good luck to all those doing the London Marathon. Please send in your stories of the day Penny Pilbeam, Deniz Bowart, Jason Barton, Julian Rendall, Elise Rendall, Simon Fraser, Joe Watts and Dan Madams. Apologies if I have missed anyone.

SCVAC Vets League Fri 3rd

Do take advantage of Sunday morning for any last minute practice.

There is non scoring in all events apart from the Javelin and it is free to enter, declare 30 minutes before the event. The process is very simple, just write your name on the list in the scorers hut and take the appropriate number. You must wear your TAC vest.

Darenth Valley 10k

By all accounts this is an attractive race and is part of the Kent Road Racing Grand Prix. There are a number of TAC athletes already signed up. Places were going fast.

Hildenborough Road races Mon May 6th

Good local race with options for 5 or 10 miles.

National Masters Road Relays Sat 18th May, Sutton Coldfield

Teams have to be entered this weekend, but I can only enter those who have finalised their TAC membership. If you have not done it, please do it asap or else contact Bev Keech with any issues. beverley.keece@btinternet.com