

British and Irish Masters Home Internationals Aintree

Ben Reynolds, was 3rd in the M55 category behind two of his regular rivals. Ben feels he has not been able to teach top form this year, however this was still a great result against the top age group athletes in the country. Read more in athletics weekly.

<https://www.athleticsweekly.com/event-reports/grand-masters-at-aintree-1039926570/>



Marden Half and 10k

Nichola Evans targeted a sub 1.30 time and went 12 seconds under with a perfectly timed negative split to be 2nd woman.

Jacqui O'Reilly ran the 10k and was also second woman in 42.12.

Fulham 10k

A group of 7 Masters travelled to Fulham, a slightly hectic start as the first train from Sevenoaks was not until 7.18, then the district line was closed, so we arrived as the

announcers were asking for the runners in the first wave, rapid bag drop and sort of warm up!!!

The congested first few kilometres did not prevent Kim Cross, Penny Pilbeam and Deniz Bowart from recording PB's. However, star of the show was Adam Roeder as he smashed his PB by over 2 minutes to run 37.07.



Brighton 10k

Claire Day ran another low 39 time as she squeezed a new PB of 39.18. Alan Buckle was just outside the 40 min barrier, but compensated as 1st M60.

Kent Vets XC Champs Sat 30th November

Race timetable and details at

<http://www.kcaa.org.uk/Vets2019/2019VetsXCcountryEntry%20Prospectus%20and%20Instructions.pdf>

11.00 M50 – M59 – approx 8.7km

12.00 M60 – M69, M70+, W35 – W44, W45 – W54, W55 – W64 and W65 – approx. 5.4k

12.50 M40 – M49 – approx 8.7km

M40	M50	M60	M70
Dan Madams	Mark Schofield	Alan Newman	Maurice Marchant
Julian Rendall	Mark PK	Brian Buckwell	
Russell McIntyre	Phil Coleman	Ross Kinloch	
Tony Bennett	Ben Reynolds		
James Beeston	Richard Newbold		
Scott Shurmer	Tobin Bird		
Mark Raymond	Tony Cohen		
Nick Arnott	Michael Thomson		
Kean Anderson	Tony Fullbrook		
Richard Sargeant	Cain Bradley		
John Ridge	Andy Wood		

W35	W45	W55	W65
Jacqui O'Reilly	Grazia Manzotti		Sue James
Liz Weeks	Nina Ridge		
Nichola Evans	Rachel Fagg		
Maxine McNulty	Clare Brown		
Kim Cross	Tina Oldershaw		
Deniz Bowart	Lisa Knight		
Pearl Pearce			
Claire Day			

SEAA XC Champs Horspath Dec 7th Entries.

Men's race at 2.10pm, Women's race at 11.45am.

Crowborough 10k

On this notoriously challenging 10k, Tony Bennett led the TAC Masters home as he was also the 4th scorer for the TAC winning team (useful to have team mates finishing 1st, 2nd and 3rd). Alan Buckle was 2nd M60 behind the Brighton Phoenix Paul Whelpton. Tina Oldershaw was 4th overall and 1st W50. In the 5k, Eva Kolivoskova-Martin was 3rd female.



South of Thames 5 Mile Champs

Not normally part of the TAC race calendar, but I was interested as it was also the SCVAC Cross Country Championship, although this is a strange event as it is impossible to know who or if there is any opposition! Alan Newman won the M60 SCVAC championship (no opposition) but did have his first scoring position for the TAC team as he finished 186th. Sue also collected the W65 title unopposed. Mark PK was 2nd (last!!) M50 in the SCVAC champs.

Morden Park provided a nice 3 lap course, particularly after the first couple of laps when some deep lumpy grass areas had been squashed down.

5km Walk Christmas Cup, Tonbridge.

Grazia Manzotti took part in this track event and was 2nd overall, 1st W50 in a big PB of 28.52 that puts her first on the 2019 W50 UK rankings.

Cyprus Challenge

Liz Weeks was 2nd Lady overall after 4 days of Hill Climb, Half M, 10k and 6km time trial



SCVAC Kent Vets Track and Field League 2020

We have a change of team managers for the Women's team for 2020. Sasha Humphries, Deniz Bowart and Grazia Manzotti will be combining to manage both Div 1 and 2 teams. They will be working together to arrange the best communication etc

The annual league meeting was held last week. The main issues are ensuring that field events take place on time as flood light regulations mean the events at certain tracks must be finished during day light. There will be changes to the number of non scoring opportunities.

The whole season will start later in May and continue into August, our home meeting will be on Friday 31st July and the last meeting may be on Friday 7th August. I will issue dates as soon as they have been confirmed.

National Masters Road Relays

Saturday 16th May 2020, Diaries please.

