

## **TAC Masters Update 27<sup>th</sup> Jan 2022**

### **BMAF XC CHAMPS at Somerhill 12<sup>th</sup> March.**

Get your entry in now as this will help with planning aspects (such as Car parking required )  
<https://data.opentrack.run/en-gb/x/2022/GBR/bmaf-xcc/>

### **National "Dinner" and awards at lunch time on the Sunday**

Plenty of our members have joined since the last champs took place. Traditionally we have had big dinner dance in the evening following the race, this is easier when we are all staying in the same hotel. When the race is in London (every 3<sup>rd</sup> year) it is harder for everyone to get home, get changed and get out again, so with Covid uncertainty this year it was not planned / committed to in advance. However, there will now be a lunchtime event the next day at Judd School. Everyone is welcome , particularly those who will have raced or supported at the National Cross Country champs the day before in London.

Please fill in the form on the link below.

<https://forms.gle/ZxPRnQ8AWD2ii8Xc7>

### **SCVAC Kent Vets League 2022**

After lots of chasing it looks like Tim Fagg has been able to establish a league programme for this summer with 4 meetings. At least we have dates (All Fridays) and will now be working on the events to be held. Please note these in your diaries.

Arthur Kimber is planning an area final so this will at least give a process to send two teams from the league.

Cambridge Harriers, Sutcliff Park. 6 or 27 May (tbc)

Bexley 17th June

Tonbridge 15th July

Central Park 29th July

Many of you will not have experienced the team spirit and camaraderie of these meetings, well worth being part of. We have the Kent and Area titles to defend from 2019!!!!

Grazia Manzotti will be Womens team manager and Mark Pitcairn-Knowles will continue as Men's team manager (but happy to stand aside if anyone else fancies their hand at it)

Having enough Officials is the main challenge for the league, so I will ask for volunteers both qualified and unqualified. There are plenty of jobs to be done.

### **London Indoor Games**

Mark McAllister reports on this weekends TAC Masters action in the London Indoor Games at Lee Valley:-

“Di Wright ran 200m Saturday recording an indoor PB 30.7s.

Di also ran Sunday (today) in 60m two rounds 9.15s and 9.16s, she really wants to go sub 9 and I believe she will get there soon, not bad for a W50!

Steve Daly also ran, same venue, 2 rounds of 60m recording 8.23s twice again a PB, Steve is also a M50.

Mark McAllister also ran at the London Indoor Games and ran 26.05 in the 200m Saturday and two rounds of 60m today 7.86 then improved in second round with 7.81 so slowly chipping away at those times! Mark is still M45 but will be M50 Feb 10th.

There are a few of us that have entered the Indoor British Masters at Lee Valley on 5/6 March so watch this space!”

### **BMAF Pentathlon Champs**

Ian Crawley and Richard Christian competed in the M55 British Masters Indoor Pentathlon Champs at Sheffield EIS Arena on Sunday.

Ian won the Gold medal (British Champion!) and Richard won the Bronze medal just missing out on Silver by 12 points. Their individual results were as follows Ian/Richard 60H 11.67/11.67, LJ 4.31/4.39, SP 9.11/8.6(pb), HJ 1.41/1.35 & 1000m 3:31.49/3:40.70 Total points 2901/2745.



Remember it is still less than 2 years since Ian had a total hip replacement

### **Race walking, Enfield League 5 miles**

Grazia Manzotti and Di Bradley competed in the Enfield league 5 miles. Grazia reports

“The course is in a park and it is 5 x 1 mile laps. It is a nice flat course, but the park on Saturday was rather busy so you had to concentrate and try and avoid footballs, bikes, dogs and people. The race was well attended. Grazia was third lady overall, behind two seniors and first in her age group with a time of 45:22. This was her debut over 5 miles and she was very pleased with the time. She got helped by a man in the first 3 miles who set a faster pace and managed



to follow him to maintain the faster pace after he stopped at 3 miles. She is looking forward maintaining this speed when she steps up to 10km.

Diana Bradley did really well in her third race back and was 7th lady and was also 1st in her age group with a time of 48:24.

Olympian and Centurion Dominic King won the race “

The results are on power of

10 <https://thepowerof10.info/results/results.aspx?meetingid=443371&event=5MW&venue=Enfield&date=16-Jan-22>

### **BMAF XC Champs 12<sup>th</sup> March Somerhill School Tonbridge**

Great to see entries coming in, please keep leading the way.

Remember that you have to make your own entry at

<https://data.opentrack.run/en-gb/x/2022/GBR/bmaf-xcc/>

### **Canterbury 10 Miler**

Dan Bradley continues his great form as he was 3<sup>rd</sup> male in a PB time of 52.01.

Helen Gaunt was 1<sup>st</sup> Female in 60.04, for a big PB as well. Claire Day was close behind as 5<sup>th</sup> Lady 63.59, 4<sup>th</sup> W40.

[https://results.racerooster.com/en-US/results/vy7uwgpachwbdc3?\\_ga=2.86922648.1238012177.1642931900-1098374897.1642931900](https://results.racerooster.com/en-US/results/vy7uwgpachwbdc3?_ga=2.86922648.1238012177.1642931900-1098374897.1642931900)

### **Parkrun Improvers**

Jacek Traczynski ran a massive PB of 18.41 as he visited Bromley Parkrun (known for it's PB potential) Jacek had sensed that he was in good form. Tom Rule 19.39 PB at Tonbridge. Georgia Harris 27.11 PB also at Tonbridge and I suspect we will see further cuts from Georgia.

Remember to update your Parkrun profile to show you are a TAC member, as this highlights your run when looking at the consolidated report each week.