

TAC Masters update 29th Feb 2020

National XC Championships Wollaton Park 22nd February 2020

Another great weekend away for those that took part in the Nationals. As expected the course served up a bit of everything from bogs to firm paths.

In the Ladies race, Liz Weeks led the TAC vets home in 215th place. Jacqui O'Reilly 328th was just ahead of Susie Jeddo who won the TAC Best performance of the day as she massively outperformed her predicted finishing place in 345th. Nicola Summerfield (375th) made her return to Nationals. Lucy PK made her 2019-20 winter season debut following injury in 431st, with Rachel Fagg close behind (440th) having stepped off a plane from NZ. Pearl Pearce, Grazia Manzotti and Deniz Bowart were all in the 600's. Angie Crush was determined to take part despite only starting to run a week before after surgery to her foot.



Liz Weeks



Susie Jeddo



Nicola Summerfield

In the Men's race it was Joe Watts(801st) who led the Vets home in what will be his last XC race for the club as he has moved house. Simon Fraser (875th) had a determined last 2km as he over hauled Mark PK (900th) with 500m to go , before taking another 25 places!

Russell McIntyre (1211st) and Alex Slack (1481st) both enjoyed their first National experience. Andy Wood (1411) lost a shoe at the first bog after just 600m, but despite the throng of runners he was able to locate it, retrieve it and carry on to maintain his sequence of 13 Nationals in a row. Tony Cohen went to be on Friday saying he would not be running due to a recent back injury, but he also had a continuous sequence on the line, so appeared on the line and made it round (1478th) Scott Shurmer made the social media with his near emmersion in the bog, but finished in about 1625th (chip timer was lost)



Tony Cohen



Russell McIntyre



Alex Slack



Scott Shurmer bath

Alan Newmans report

<https://southernrunningguide.com/news/saucony-english-national-cross-country-report-2020?fbclid=IwAR2uV0jUffcd-0KLj1YhVJAdkbt2I9kY9TNDboS5aviXLphwHGKuSaAJJo4>

Ben Reynolds, running for Thames Hare and Hounds continues to defy age, he was an impressive 283rd as he continues to show many younger rivals how to do it!



South of England Masters Indoor Champs

There were some impressive performances at the South of England Masters championships. Peter Buxton made a successful debut. He has come from a Masters swimming background and has been working on his throws in the M55 AG. His 9.38 shotput was good enough for Silver. We look forward to seeing how he develops throughout the coming season.

Mark McAllister was able to set the record straight as he took silver in the M60, beating the opponent who was controversially given the win last week at the SCVAC champs when the electronic timing failed.

Richard Christian showed how his return to athletics is going to schedule as he collected Silver in the Pentathlon M55.

Helen Bond W50 60m(i) 9.78 (PB) **Bronze**, 200m(i) 33.39 (PB) 4th, LJ(i) 3.54 (PB/CR) **Bronze**.

Steven Tester M35 400m(i) 52.89 **Gold**, TJ(i) 10.81 (PB/CR) **Bronze**.

Mark McAllister M45 60m(i) 7.76 4th, 200m(i) 25.56 **Silver**.

Peter Buxton M55 SP(i) 9.38 (PB) **Silver**.

Richard Christian M55 Pentathlon(i): 60h(i) 11.72/ LJ(i) 4.53 (PB)/ SP(i) 8.44 (PB)/ HJ(i) 1.35/ 1000m(i) 3:38.97. 2776 points (PB) **Silver**.



New Zealand

It would appear that half the TAC vets have gone warm weather training in NZ, with Nicky and Brian Buckwell the most recent, while Graeme Charters and Richard Sargeant are already out there.

Great Half, London

Good luck to all those doing the great half tomorrow.

South of England Road relays Sunday 22nd March Milton Keynes

Please let Mark Hookway know if you would like to take part in this event, Men's teams of 12 and women 6. We would like to have two men's teams but experience tells us we need at least 30 available to be worth entering 2 teams as sickness and injury take their toll. It is a nice course 5km for short leg. markhookway@icloud.com