

TAC Masters Update 30th May 2023

VETS LEAGUE HOME MEETING THIS FRIDAY EVENING

We are holding the first of two home meetings for the Vets league this Friday.

We will need some help setting up from 4.30pm (HJ, PV and Javelin).

TAC are allocated Javelin officials duty , but will also need to cover the HJ on this occasion.

Volunteers required to assist the qualified officials on the High Jump and Javelin please let me know.

For the javelin it will help to quickly do the Health and Safety course by logging in to your English Athletics portal <https://www.englishathletics.org/coaches-and-officials/officials-qualifications/licence-module-resources/>

The club will pay for the cost.

SCVAC Kent Vets League Friday 26th Dartford

Results will be on the SCVAC website

<http://www.scvac.org.uk/results%202023.htm>

Men's Div 1

Mark McAllister writes:

“We knew that Dartford would put out a good team on their home ground and we needed to bring it to them and that we definitely did, It was a great evening with good weather and brilliant performances all round, we had many 1st, 2nd and 3rd places in a number of events in all age groups gaining valuable points and winning the match with 76 points, 9 points ahead of Dartford, well done team and let's go and smash the next one on our home ground!”



Victories:-

Steve Tester 200m 23.7

Mark McAllister 200m 25.8

Dan Bradley 1500m 4:24.5

Christopher Leach SP 8.79m (6kg)

Ian Crawley LJ 4.73m

Ian Crawley SP 11.07m (5kg)

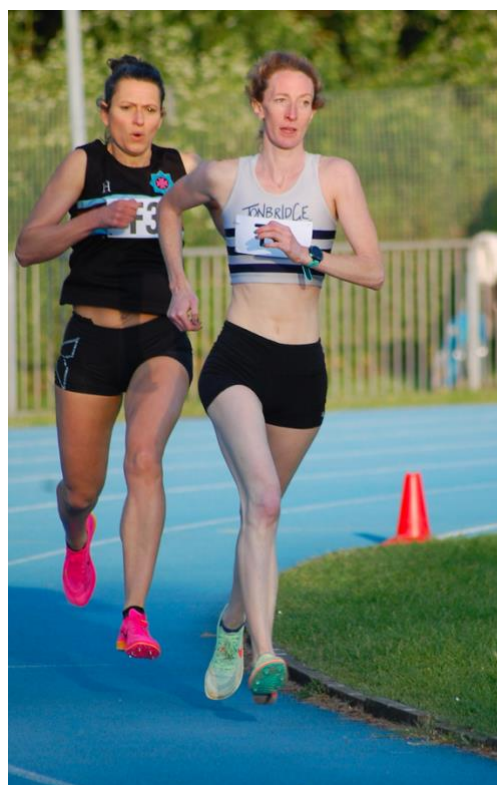
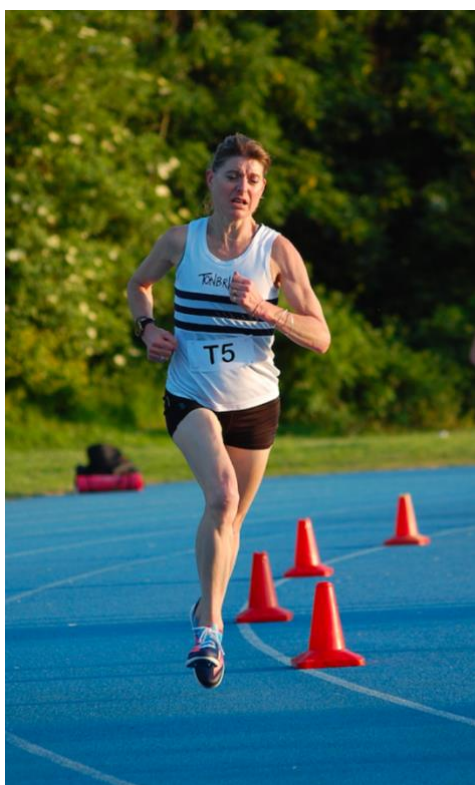
Women's Team manager report. 2nd SCVAC match Dartford

Grazia Manzotti writes:

Another great win for the division 1 ladies. Division 2 ladies were 3rd which is a great achievement with an incomplete team.



Bethan Armory and Suzanne Bachelor were both flying in the 200m and both got second place in a great quality field. Diane Wright had a super race to win the W50. In division 2 Nina Ridge and Angie Crush were respectively 2nd and 3rd. In the distance running Harriett Woolley had another dominant win in the 1500, Lisa Knight B string 35 was second and Maria Heslop won the W50 by some distance. In division 2, Nicola Summerfield showed great determination to lead for most of the race holding off attacks until eventually being pipped by one second. Eva Kolivoskova-Martin W35 B and Grazia Manzotti W50 were also second.



In the field events Charlotte Nicholls is now a vet as she did both the shot and hammer coming second, Sally Vine did shot and hammer for w50 with 2nd and 3rd respectively. Both Sarah and Di Wright were second in the long jump. A shout out to Sue James who did the w60 long jump and hammer. In division 2 Nina Ridge comfortably won the hammer and long jump. Nicola Summerfield got valuable points in the shot.

Close second in all Men and Womens Relays!



A good meeting well done everyone and we get to do it all again this week in Tonbridge,

Beckenham Relays

Beckenham Place park was yet again a delightful location for these evening relays. The organisers had increased the entries to 150 team's with the introduction of chip timing, although there were numerous issues with the timing.

We loaded teams for the mixed event and on the night Cameron Chambers, Isaac Arnott and Maria Heslop 15.57 were awarded the victory and took home bottles of bubbly. However, the following day it turns out a runner from Dulwich was missed and we were in fact 2nd. The TAC mixed team was 5th with Nick Beer (M35) making an impressive debut 13.58, Polly PK 15.55 and Nick Arnott 14.53.



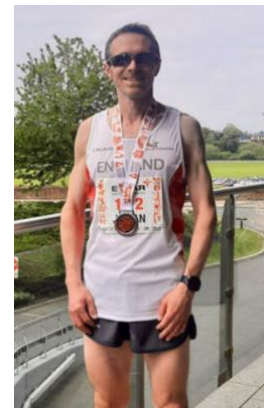
Results can be seen at

<https://www.beckenhamrunning.co.uk/beckenham-team-relay/2023-team-relay-race-results>

Julian Rendall Chester Half Marathon Sun 21st May

Julian had qualified to run for England Masters M45 team at Chester. He ran his fastest time 75.12 since 2019. As Julian reported there were some very quick masters athletes out there.

<https://ale.niftyentries.com/Results/2023-Essar-Chester-Half-Marathon>



Penshurst Relay Sunday 28th May

This is a fun club event, but of course competitive relay with 5 teams of 3 each running 5km on the out and back course.

The winning team was Lewis Jones 19.58, Ollie White 19.22 and Caroline White who won by 32 seconds from Anna Traczynski (guest), Maria Heslop and Mark PK.

Jacek Traczynski ran the fastest time of the day 19.12.

Folkstone 10k Sunday 28th May

Nathan Chapman 7th 34.35 and Becky Morrish 2nd female in 39.22.