

TAC Vets Update

Lamberhurst 10K and 5K

I have to say that running the Lamberhurst 10k was a great team TAC experience and the fact that apart from Huxley Crush all the TAC runners were over 35. The course was a tough 2 laps, but as a result provided plenty of opportunity to see team mates and encourage each other, a team element that was commented on by others and in particular the strength of the Vets.



The Ladies were very dominant with at least 9 bottles of wine won!! So here goes, Tina won the Ladies race (running with Tina is quite an experience as everyone knows her and I must have heard "Well done Tina first Lady, you can get him (me)" about 100 times today) Sasha Houghton had a remarkable race as she ran a massive PB by 1.20 (on one of the toughest 10k courses I have run) clearly she is doing something right at the moment as she was a close 2nd to Tina. Nichola Evans was another to PB as she was the 3rd scorer, in 4th place, of the winning TAC team, she also picked up a bottle for 1st W35. A winning team score of 7. Lucy P-K, Rachel Fagg, Eva Kolivoskova -Martin and Lorriane Nikwhai all had solid runs in support of the winning 3.

In the Womens 5k, Grazia Manzotti followed up her Parkrun win in Milan with 2nd place here and Nina Ridge who is selective with her racing due to recent injury, was 3rd for another couple of bottles.

With Sasha Houghton running as she did today hopefully we can mount a successful bid for the W45 BMAF National Road relays on May 18th !!



The Men's 5K was won by Adam Roeder who pulled himself together at the 2km point when Tina, Alan and Mark PK all went passed him, with the realisation that a load of 50 year olds were going to beat him while they were doing 10k he shot off and caught early leader Huxley Crush (3rd) to finish in 21.30, showing how tough the course was.

Mark P-K robbed Alan Buckle (17th) in the 10k as he clawed back 40m on the final 1 km downhill section to finish 16th. Unfortunately, the first M50 was 1 second ahead (that will teach me a lesson on concentrating on a team mate!) John Ridge 39th was the third team scorer (39th) as we narrowly missed out to local club Wadhurst 61-68. Scott Shurmer was adding milage to follow up his 10 mile race 2 days before as he finished strongly in 52.17.

Full results at <https://results.sporhive.com/events/6485827635534565120>

Lee valley Indoor

Another person setting a PB was Mark McAllister who ran a blistering 7.71 over 60 metres. This was also a new club M45 record as he lowered his previous best of 7.87.

Ian Crawley also set a club M55 record of 61.17 for indoor 400m, as he beat Richard Christians previous record.

Training sessions over Christmas

There was a good number at the various sessions in Knole Park over the holidays. As ever these were well organised and groups split to make competitive training.

Christmas Pudding Run

Top over 35 finisher was Adam Roeder who ran 18.09 for 16th place and his fastest 5 k time to date. Handicaps like these always fills us older athletes with hope, only for the realisation that your handicap could be based on a race you did 8 months ago, 8 MONTHS YOUNGER!

As ever great fun and thanks to Steve Keywood for organising, and getting handicaps very close.

Vets Distance Training

Alan Newman has put together a detailed training schedule for January. Obviously the more consistent that athletes can be at attending will result in improved performances as it is aimed at older athletes and our events. The more that take part the more competition there is and the less gaps etc. It is aimed to offer options for all abilities. 2 and a half Years ago the Vets group spluttered as it started with 2-3 athletes, it continues to evolve and the vets only group has formed as the need to keep the U17 group manageable, we welcome all feed back and communication.

The training schedule for January has been published on Facebook. Hopefully, we shall stick to the programme as it is progressive, as well as accessible to all. However, weather and other considerations may require us to make the odd amendment.

We are now fully committed to Tuesday and Thursday sessions, which are suitable for all standards. New sessions include “Kenyan hills” and “beat your parkrun tempo runs” – the idea being that the slightly shorter distance of approx 3mls should equate to your current parkrun best. Keep the feedback coming. Your coaches need to know which sessions you enjoy most but will also ensure the schedule includes the sessions you need to improve!

Don’t forget Sunday runs are available at 9.30 from the track, a chance to go 10-16km at a slower pace. Normally off road for the majority. If there are people wanting to train together for the Marathon post it on the Facebook page, you can select a road route if you prefer.

Masters Competition – local events

In our Masters Update dated 13th December, we looked at the higher level of competition open to Master athletes over-35. This week, Masters coach Alan Newman advises on local events where age group competition is recognised, starting with your local parkrun!

Many people pay little attention to the Age Grade category in the comprehensive parkrun results but if you click on the Age Grade heading (twice) it will sort the results in age-grade order. This can make a significant difference to your finishing position! For some reason parkrun use their own age-grading system, which is loosely based on the official WMA Age-Grading: <https://support.parkrun.com/hc/en-us/articles/200565263-What-is-age-grading->

You can age-grade any of your own performances (at any event) using the official WMA Age-grading calculator here: <http://www.howardgrubb.co.uk/athletics/wmalookup15.html>
For example, my own magnificent 5.34m shot putt at age 64 last year was worth 32.94%!

Moving back onto more familiar territory, there are Kent Masters championships on the road, XC, track and field (indoors and outdoors) that anyone Kent qualified can enter.

The next tier is Masters club events for those who pay £20 or so to join a Masters club like SCVAC, then there are South of England Masters, England Masters and British Masters events. Some of these are held locally, such as the BMAF Multi-Terrain race in the North Downs 30K on 30th June at Gravesend. The options are endless and all the key events are listed in the Masters Fixtures maintained on our club website by Alan Newman:
http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html

If you need any advice on eligibility or what and how to enter simply ask your coach.

runABC 2018 News Review

Many of you will know Alan Newman is the daily web news writer for runABC South online magazine. He has just published his review of some of his favourite news items from 2018:
<https://southernrunningguide.com/news/review-of-the-news-in-2018>