

Tonbridge Masters Update 5th December 2019

Kent Masters Cross Country Championships 30th November

These championships are always unpredictable, as the nature of Masters athletics means that injuries will often change the line up from year to year. Yet again the M50's opened the events and Ben Reynolds took on this year's challengers as he successfully defended his title. A group of 5 forged away from the field and it was towards the end of the 3rd lap that it started to become a race between Ben and Stephen Male from Folkstone, there was still only about 20m in it as they turned for the final 250m with Ben holding on to a 4 second win.

The team race was so tight throughout and finished with TAC and Maidstone & Medway tied on 19 points, as Richard Newbold 7th showed great form, with Phil Coleman 11th close in the 3rd scoring position. They were both in battles with the M&M 2nd and 3rd scorers, but unfortunately could not overcome them, with the result that M&M won the title on count back for the higher 3rd placed scorer.

Behind this leading bunch Mark PK finished 2 places higher than last year in 17th, Michael Thomson 27th, Tobin 29th easing his hamstring up the steep banks and Andy Wood in 41st. We would still have secured silver team with anyone of these in 3rd scorer position. Cain will be happy to move up an Age group next year.



The Women's race was dominated by two athletes from Dulwich including multiple W55 world record holder Clare Elms, who impressively finished 2nd overall. However the TAC W35 squad were well grouped with Liz Weeks 3rd, Claire day 4th and Nichola Evans 9th. This secured the team win for the first time ever. Kim Cross had her best ever Cross Country race as she filled the insurance spot as 4th TAC runner (we would have won with her as 3rd scorer) Pearl Pearce is growing into these XC races and the course suited her well for 29th.

The W45 team also won the title led by Tina Oldershaw 2nd, with a determined run from Nina Ridge 5th and Rachel Fagg 16th overhauling an injured Lisa Knight 17th towards the end. This was a much closer score with only 6 points separating us from Beckenham.



Ross Kinloch had a great race in the M60 to win the title as he finished just 6 seconds down on Liz Weeks, he was 5th M60 towards the end of the first large lap, but a lap later was pulled out a winning lead of 11 seconds. Unfortunately, Brian Buckwell suffered an injury leaving Alan Newman to finish 23rd in an incomplete team.

Sue James won the W65 category, with a winning margin of just under 30 seconds.

The final race was the M40 over the same course as the M50 race. There was a high class scrap at the front, but from a TAC point of view the interest was how our 2nd 3rd and 4th runners were faring against the Dulwich final scorer. Tony Bennett had led the team home and still been able to compute what was going on in the team standings. Nick Arnott had a

strong second half to the race in 25th with Dan Madams 26th and James Beeston 32nd doing enough to secure the Bronze team medal from Dulwich.



There was a debut for Mark Raymond who stuck to his guns in a fast field and did well as he is at the top of the age group and was experiencing his first XC race for the club.

SEAA Masters XC Champs, 7th Dec Horspath Oxford

We have a considerable number of athletes, particularly in the M40 category, for this XC event. The course provides a good mix of terrain, although on previous form we may not know the exact route until actually running it!!!!

I will take the TAC Banner Flag, the numbers will be there!



TIMETABLE

11.45 am Women 40+, 50+, 60+ and Men 70+ 6,000 metres 2.10 pm Men 40+, 50+ and 60+ 10,000 metres

http://www.seaa.org.uk/images/2019/ENDURANCE/XCMIC19/SEAA_XC_Masters_TM_Info_2019-min.pdf

Travel.

I think we are all sorted.

Christmas Training Schedule

Mark Hookway will be arranging some extra training events including the Knole Park relays on Christmas Eve, that are open to all. Turn up with plenty of time and register yourself with him to allow him to partner you with another athlete.