

## TAC Vets Update 5<sup>th</sup> September 2019

### SCVAC Regional Finals

Mark Hookway asked me the night before what I was expecting at the finals and my reply was 2<sup>nd</sup> or 3<sup>rd</sup> would be good. It is easy as a team manager to think your team is weaker as a result of non availability or injuries, however Sunday showed that this effects all teams the same. What we have is an amazing team spirit where there is always someone willing to step out of their comfort zone, that reduces the impact on the team score.



The Women's team started in April 2016 in Div 2 with the team of 3 below (Anne not in photo) We ended up winning the division, then 2017 we were runners up in Div 1, Champions in 2018 and runners up in the regional final. Kent League Champions in 2019, but capping off with the regional title!!! Lucy and Anne were both part of the original team and although injured for the final were present supporting the team.

SCVAC LEAGUE - KENT DIVISIONS - Sutcliffe Park, Eitham 29/04/2016									
Women - Division 2									
A String					B String				
Pos	Club	Athlete	Club	Perf	Pos	Club	Athlete	Club	Perf
<b>W35 400m</b>									
1	PS	Claire Day	Paddock Wood	87.9	1	Kd	Anna Willard (W40)	Swanley	83.7
2	K3	Katarina Summers	Swanley	70.0					
3	T4	Emma Aulis (W45)	Tonbridge	88.6					
<b>W35 3000m</b>									
1	PS	Claire Day	Paddock Wood	11:21.3	1	Kd	Jane Blackmore (W50)	Swanley	13:47.0
2	K3	Katarina Summers	Swanley	12:53.1					
3	T4	Emma Aulis (W45)	Tonbridge	14:17.8					
4	A3	Jane Wheeler	Ashford	14:36.5					
<b>W35 Triple Jump</b>									
1	PS	Elizabeth Duffin	Paddock Wood	7.16					
2	K3	Anna Willard (W40)	Swanley	6.41					
<b>W35 Hammer</b>									
1	PS	Elizabeth Duffin	Paddock Wood	22.79					
2	K3	Anna Willard (W40)	Swanley	11.99					
<b>W50 400m</b>									
1	PS	Sharon Hawkins	Paddock Wood	83.8					
2	K5	Caroline Burley	Swanley	95.1					
<b>W50 3000m</b>									
1	T5	Lucy Pilsam-Knowles	Tonbridge	12:31.3					
2	PS	Sharon Hawkins	Paddock Wood	12:59.9					
3	K5	Caroline Burley	Swanley	14:00.0					
<b>W50 Triple Jump</b>									
1	K3	Jane Blackmore	Swanley	4.04					
<b>W50 Hammer</b>									
1	A3	Patricia Oakes (W55)	Ashford	14.66					
2	K5	Helena Cronin (W55)	Swanley	12.19					
3	PS	Julie Woods (W55)	Paddock Wood	7.21					
<b>W60 400m</b>									
1	PS	Sue James (W55)	Paddock Wood	97.4					
2	T6	Anne Branchley (W70)	Tonbridge	101.6					
<b>W60 Triple Jump</b>									
1	A6	Patricia Oakes (W55)	Ashford	5.60					
2	PS	Sue James (W55)	Paddock Wood	4.38					
<b>Match Details</b>									
			Mt Pts	Pts				Tot Mt Pts	Tot Pts
1	Swanley	6	52		1	Swanley	6	52	
2	Paddock Wood	5	50		2	Paddock Wood	5	50	
3	Tonbridge	4	19		3	Tonbridge	4	19	
4	Ashford	3	15		4	Ashford	3	15	
<b>Overall Details</b>									



2016

John Sanders led a highly efficient team as officials for the Hammer before moving onto the Men's High Jump. Thank you to Rachel, Lucy , Pete, Alan and Julie for your hard work.

Unfortunately, there were problems with the new buzzer starting system at Ashford, it seems that due to the new houses being built near to the track the quieter start sound is not loud enough for all the athletes to hear, unless you are in the stands, which led to some faulty starts!

The women's 4 x 100m thought they had run a club W35 record but in fact a W40 team ran 1 tenth faster last year.

Nicky Buckwell had a superb day , taking part in 6 W60 events, collecting 36 out of a possible 42 points!! She won the 100m and 400m, along with top 3 in LJ,HJ,Shot and Jav. Helen Bond was also performing in multiple events as she covered the jumps for the competitive W50 age group. She was particularly impressive winning the Pole Vault with 1.60m, having only had her first practice last week!!! Angie Crush (2<sup>nd</sup>) thought she had won the W35 Pole vault only to find that Dartford had switched their athletes at the last minute.



The middle distance runners were very strong and it is always nice to start the first race of the day with a win , which Liz Weeks delivered in the 800m, before repeating in the 1500m. It was great to see Maria Heslop back racing for the first time since March due to injury, she dominated the 1500m and 3k W50. Jacqui O'Reilly made her Vets debut with a win in the W35 1500m B string. Grazia Manzotti ran a storming W50 800m for a PB, and win by 11 seconds, she added 2<sup>nd</sup> place W35 2Km Walk. Di Bradley won the W50 2Km walk and then added the W50 Discus for an unusual double win.

Nina Ridge was performing her multi event role, winning the W35 discus, 2<sup>nd</sup> TJ and 3<sup>rd</sup> in the Shot, before running a superb final leg under pressure from Southampton to win the 4 x 400m, after being part of the winning 4 x100m team.

The sprint team did well, with Sarah Westrap recording a win in the 200m W35B, (on the track where she made her debut and ended up in the first aid room!! ). Carla Caswell and Di Wright had strong opposition, but relished the challenge to put in good times. Lisa Knight showed good form going under 70 secs , before a close 2<sup>nd</sup> in the 800 B and being part of the relay.





## Final: Women's Results Ashford, Kent - 1 September 2019

Match		
1	<b>Tonbridge</b>	<b>261</b>
2	<b>Southampton</b>	<b>210</b>
3	<b>Dartford Harriers</b>	<b>191</b>
4	<b>Epsom &amp; Ewell Harriers</b>	<b>188</b>
5	<b>London Heathside</b>	<b>172</b>
6	<b>Herne Hill Harriers</b>	<b>153</b>

For the Men's team we had lost a few strong athletes however we had come a close 3<sup>rd</sup> last year without Brian Buckwell and Alan Buckle in the M60, and we had some good cover with athletes in form, so I really didn't know what to expect. Again new comers to the league in 2016 to Regional champions in 2019!!!

Brian delivered with a superb 400m 68.83 win (plus 3<sup>rd</sup> 100m) this lowered his own TAC M65 record from April. Alan Buckle was not to be out done as he also ran a TAC M60 1500m record 5.17.79, although such was the strength of the race this was only good enough for 3<sup>rd</sup>!

Pete Ebbage has moved up to M60 age group, so this was also a big plus for the team score, as he was busy in the HJ, Shot, and the M50 PV and Hammer.



2016 Team

David Harcourt continues to be the must have man in any TAC team as he added yet another team win to his season, with 3<sup>rd</sup> in the Hammer.

Ian Crawley who has been suffering with a chronic hip issue still managed to have a successful day with wins in the Long Jump and Shot, 2<sup>nds</sup> in Discus and Pole Vault. Steve Brooks despite bruising as evidence from a hamstring injury last week still ran both sprints M50. Mark PK had his first TJ attempt for a predictable last place before 3<sup>rd</sup> in the M50 HJ.

There were encouraging debuts for James Beeston in the 1500m who has now run 3 1500m races this summer all within 0.43 tenths of each other. Jason Barton had a long day before an impressive leg in the 4 x 400m relay as he paced it well despite not having run one before.

The M50 were strong in the middle distance with Ben Reynolds in the 3K before he heads to Venice for the European champs. Phil Coleman has put in some strong times over 5 and 10k recently so it was no surprise to see his impressive finish to win the M50 1500m. Andy Howey made it a middle distance treble with victory in the 800m, before showing his versatility to add victory in the M50 walk. Dan Madams doubled in the 1500 and 3000m.

The M35 sprinters Mark McAllister, Stuart Medlen and Steve Tester were never outside the top 3, with Steve Winning the 200m 35A string. They teamed up with Adam Roeder to win the 4 x 100m relay.



## Final: Men's Results

### Ashford, Kent - 1 September 2019

Match		
1	Tonbridge	238
2	Southampton	217
3	Ilford	207
4	Epsom & Ewell Harriers	201
5	Herne Hill Harriers	176
6	Dartford	166

Full results are at <https://www.hampshirevetsleague.org.uk/2019/finalmen2019.html>

Videos at [https://www.youtube.com/channel/UC1GJ4G-GE\\_1V\\_TuF7\\_tBtmQ/videos](https://www.youtube.com/channel/UC1GJ4G-GE_1V_TuF7_tBtmQ/videos)

### Eridge 10 Mile

Helen Gaunt won the Eridge 10 mile and reports

“10-mile hilly trail race this morning... For a road runner it was a bold (slightly un-researched) choice... 😂 so I stood by the start line reviewing the course map actually laughing at the craziness of it!!! Steep narrow climbs, perilous rutted downhills and muddy bogs... 🤔

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As it turned out, it wasn't a bad decision to face my demons after all... the hills were a battle of will, but I flew down the descents genuinely buzzing. And how did I land up? Not the fastest finish time in the history of the race but 1st female of the day! Gotta be in it to win it!

👉”

Report from Alan Newman

<https://southernrunningguide.com/news/eridge-park-10-trail-challenge-race-report-2019>



### Larkfield 10k

Make your own entry at <https://www.larkfieldac.co.uk/larkfield-10k>

### Kent Masters T&F Champs

Entries are now closed

### Southern Road Relays Sunday 22<sup>nd</sup> September

We will have teams in the W40 and in the M40 categories. Look out for team selection from Mark Hookway. Those not in the vets teams will be in the senior teams. Both teams

look competitive, particularly the women. (Please bare in mind that entry is £48 per team and entries have been made based on your availability)

### **Winter Races**

If you have not done your selection please do so as it helps Mark Hookway with organising entries in advance. You can always change if injury, holidays and other commitments get in the way. However as the club pays for your entries which can be up to £12 per person for the most expensive races, please make sure that you let him know as soon as you are unavailable. The form can be downloaded here

<https://www.tacdistanerunners.com>