

## TAC Vets Update Nov 6th

### Kent Masters XC Champs Sat 1<sup>st</sup> Dec Dartford

The Kent Vets champs were greeted with monsoon conditions, which contributed to an accident on the A21 and a delayed start due to a dislocated knee for one unfortunate athlete warming up on the course. However, come the start of the racing the rain relented and apart from a stiff headwind on one stretch the course held up well.

The **M50 race** was first up and it was great to see Ben Reynolds lining up following knee surgery to hopefully fix the issue that had kept him out of the World Masters track Championships in the summer. He sat in allowing Andy Howey and an athlete from M&M to do the work for 3 laps while he tested his knee, before moving away to continue his



winning run in these championships. Steve Keywood 14<sup>th</sup>, who himself had been a doubt earlier in the week tracked down the fast starting Phil Coleman (17<sup>th</sup>) as these two completed the Silver medal team. Mark PK is showing a return to fitness following achilles issues as he was only two places further back in 19<sup>th</sup> with Tobin Bird again consistent in 22<sup>nd</sup>. Andy Wood had the beginnings of a cold (47<sup>th</sup>), Mark Schofield (53<sup>rd</sup>) and Antony Fullbrook (61<sup>st</sup>) also completed.

*Andy Howey 3<sup>rd</sup>, Ben Reynolds 1<sup>st</sup> in M50*

The **Women's race** is for all age groups and is combined with the M60 race. At 5km it is fast and furious, making a good spectacle. Claire Day (5<sup>th</sup> W35), gave it a good go and was close behind winner Amy Clements going out on the large lap. Claire faded slightly, but certainly gave it a go and was not left wondering! Kim Cross experiencing this race for the first time (20<sup>th</sup>) and Deniz Bowart (27<sup>th</sup>) made up the scoring team in 6<sup>th</sup>. Diana Goldsmith was close to Deniz in 32<sup>nd</sup>.

The Women's 45 team won the gold medal, this was despite Maria Heslop being unable to race, which shows our strength in depth. Tina Oldershaw was 3<sup>rd</sup>, as she is really coming back to form, Sasha Houghton had one of her best races to be close behind in 4<sup>th</sup> just 13 seconds off a medal. The race of the day was the continuing interclub rivalry between Lucy PK (7<sup>th</sup>) and Rachel Fagg (6<sup>th</sup>). This went down to the line as they frantically raced each other and without realising gained a couple of places. Rachel was given the nod on the line by an

*Claire Day*



official and took the team gold medal. Behind this drama Tracy Paddington in 23<sup>rd</sup> had a great race as she gains experience and speed. Grazia Manzotti was delighted to complete as this was solely the aim to see if her injured foot could cope. Krista Bradford was in her rightful age group this year finishing 35<sup>th</sup>.



*W45 Gold Sasha Houghton, Tina Oldershaw (+Individual bronze) Lucy PK and Rachel Fagg*

It was great to see John Harley back racing for TAC and he finished 2<sup>nd</sup> M65, unfortunately no prizes for the 5 year age groups but shows how well he is running. Brian Dye (31<sup>st</sup>) was making his first competitive club outing. Unfortunately, Brian Buckwell was ill and Maurice Marchant was running as a M70 (12<sup>th</sup>) so there was no complete M60 team.

The **M40 race** set off at quite an intense pace and the leading group was whittled down to 3 including Julian Rendall who had suffered a cold during the week. Approaching the end of the 3<sup>rd</sup> lap the eventual winner pulled away and Julian dropped to 3<sup>rd</sup>, before closing fast on 2<sup>nd</sup> place towards the end. Dan Madams was going well on his least favoured surface

before back pain made him stop to stretch before completing in a very respectable 15th. Adam Styles has improved further and finished strongly for 22<sup>nd</sup>. Richard Bamford was the teams 4<sup>th</sup> scorer in 67<sup>th</sup>, having started strongly. Scott Shurmer got the best of fellow competitors to finish in 73<sup>rd</sup>.



*John Harley*



*Dan Madams*



*Julian Rendall 3<sup>rd</sup> M40*

### **SEAA MASTERS CROSS COUNTRY CHAMPIONSHIPS**

Horspath Sports Ground, Oxford OX4 2RR

Saturday 8<sup>th</sup> December 2018

11.45 am

Women 40+, 50+, 60+

6,000 metres

14.10 am

Men 40+, Men 50+, 60+

10,000 metres

Entries

W50 Maria Heslop, Lucy P-K, Tina Oldershaw, Tracey Horne

W60 Sue James

M40. Julian Rendall

M50. Mark P-K, Phil Coleman, Alan Buckle, Mark Schofield

M60 Alan Newman

### **TAC Masters Christmas Party**

Many thanks to Diana Goldsmith for organising this event at the Hand and Sceptre in Southborough. We had an excellent evening, more socials to come!





### **Away from the Mud (Ian Crawley)**

Sally Vine is establishing herself as one of a crop of lady multi eventers at the club as she became the first TAC member ever (we think) to complete a throws pentathlon with 1749 points at the SECTA Xmas Weight Pentathlon at Epsom on Saturday. A new new club record for W50. This included SBs in Hammer and Discus and a PB in SP as well as new PB and club record in the 7.26kg Weight Throw.

Ian Crawley opened his indoor season at Lee Valley on Sunday with a PB and new M55 club record of 10.87 in 60H and a PB and new M50 and M55 club record of 44.04 in the 300m. The highlight was watching Dwain Chambers (who is now 40) win both his 60m heats breaking the British record in the process. TAC's Anton Bachorski (U20m) was in the same races which must have been some experience.

### **Alan Newmans' Review of the Kent League TAC Masters to date**

Danson Park, Bexleyheath: Saturday 10th November 2018

#### Senior Women – 5k

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age Group/Comment</u>
2	Maria Heslop	16.55	W50 - 1st Team, 3 to score
17	Claire Day	18.33	W35 - 1st Team, 3 to score
20	Sasha Houghton	18.46	W45 - 1st Team, 6 to score
21	Tina Oldershaw	18.54	W50 - 1st Team, 6 to score
40	Rachel Fagg	19.47	W45 - 1st Team, 6 to score
41	Lucy Pitcairn-Knowles	19.49	W50
42	Nichola Evans	19.55	W35
59	Elise Rendall	20.37	W40
64	Susan Jeddo	20.45	W40
84	Clare Brown	22.00	W50
105	Deniz Bowart	23.02	W40
115	Diana Goldsmith	23.33	W35
118	Sue James	23.42	W65
124	Lorraine Nikhwai	24.01	W35
155	Edina Hellyer	27.45	W50

Number of finishers = 160

#### Over 70 Men – 5k

6	Maurice Marchant	26.12	M70
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Number of finishers = 10

Footscray Meadows, Sidcup: Saturday 24th November 2018

#### Senior Men – 10k

40	Dan Madams	38.31	M45 - 1st Team, 12 to score
54	Adam Styles	39.56	M45
77	Steve Keywood	41.26	M55
110	Tobin Bird	43.26	M50
115	Mark P-K	43.52	M50
132	Andy Wood	44.31	M55
164	Mark Schofield	47.34	M50
179	Cain Bradley	49.19	M55
180	Brian Buckwell	49.34	M65
190	Scott Shurmer	51.33	M45
195	Richard Tosh	52.57	M40