

TAC Masters Update 7th August 2022

SCVAC Vets League 29th July 2022



The 4th and final vets league meeting took place last Friday night at Dartford.

The Womens A team were in a comfortable position to win the league and they triumphed on the night for a 4th win out of 4. There were wins for Lisa Knight W35 B 3k, Nina Ridge 35 TJ & 35 Discus, Maria Heslop W50 3k and Sally Vine W50 Discus. Elle Baker was involved in a titanic battle for the W35 A 3k race and despite running a TAC record for W35 of 10.24.3 was just edged out over the final 500m.

The team finished on a fantastic high winning the 4 x 100m with slick handovers and a very determined last leg by Bethan Armory to edge out Dartford by 3 tenths. (Nina Ridge, Lindsay Gorrill, Lisa Knight)



Match Details

1 Tonbridge A
2 Dartford
3 Bexley A
4 Blackheath and Bromley
5 Cambridge

Mt Pts

6
5
4
3
2

Pts

54
50
44
30
27

Overall Details

1 Tonbridge A
2 Dartford
3 Bexley A
4 Blackheath and Bromley
5 Cambridge
6 Bromley Vets

Tot Mt Pts

24
19.5
14.5
11
11
2

Tot Pts

226
195
169.5
149
145
32.5

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The Mens team needed to beat Dartford on the night by more than 1 point to win the league. The final result could not have been any closer. It was clear that Blackheath and Bromley had mustered a strong team to ensure they avoided relegation.

There were wins for Stephen Tester in the B string M35 100m, Mark McAllister in the M50 100m and Shot Put, along with the 4 x 100m relay to close the league season. We welcomed a league debutant Ben Richardson who was a close 2nd in the M35 A 100m and a member of the relay team that set a club record for the M35 relay (Mark McAllister, Steve Daly and Steve Tester)



With the absence of some distance runners, we needed to cover the M35 with older athletes and in hindsight I made the wrong call to ask Ben Reynolds to run in the M35 3k rather than the M50. It turned out that the M50 was strong and we would have scored 2 more points with another call!! Meanwhile Graeme Saker set an M60 club record for the 3k 10.54.3.

Blackheath won on the night by 1 point from Tonbridge with Dartford in 3rd. We drew the league on match points but lost on countback, 1 more point on Friday night would have given us an extra half point to win the league.

Results

<http://www.scvac.org.uk/2022%20results/SCVAC-KentDivisionDartfordResults29072022.pdf>

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Blackheath and Bromley	6	54	1 Dartford	21	229
2 Tonbridge A	5	53	2 Tonbridge A	21	215.5
3 Dartford	4	48	3 Blackheath and Bromley	13	165
4 Medway and Maidstone	3	46	4 Cambridge	12	182.5
5 Cambridge	2	44	5 Medway and Maidstone	11	164.5
6 Bexley A	1	24	6 Bexley A	6	121.5

English Senior Championships. (report from Grazia Manzotti)

I was pleased to have the 29 min qualifying time to participate in this 5k track race.

When I saw the field I thought I might be able to get an England medal which has eluded me to this point. My usual W50 challenger was also racing and I was quite stressed as I knew I could medal if performing to my potential.

The race started fast and there were a number of positional changes including with my friend from Ashford. The W50 athlete passed me and I was then focused on 3rd place. The Ashford athlete gained on me and unusually for me I was given a red card for not

straightening my knees, so had to concentrate on technique for the last 3 laps while maintaining the gap to 4th.

I did manage to finish 3rd. I knew she would not try and sprint in the home straight as in a racewalking championship you can get disqualified if you bend a knee and lose contact in the home straight even if you haven't got other cards at all. So once I got to the home straight I knew I would be third. I didn't do a great time 28:03 over 20 seconds off my PB but I think considering I raced on the Friday and the previous weeks I am very happy with



that and very happy with the medal and It was a great experience and atmosphere

East Peckham 10k

There was quite a burn up at the front of the East Peckham 10k on Sunday with Nathan Chapman 33.52 finishing 4th just 6 seconds off the winner. Dan Bradley hampered by a sore achilles finished 5th 34.40. Adam Tibbals 36.17. Helen Gaunt was 2nd overall and 1st Vet in 27.18. Antony Bennett 38.26 PB, Ben Hepden (making a rare outing under marathons) 38.33 and Peter Sutton 41.02.

Kent Vets County Championships. 11th Sept (Jumps) 17th/18th Track / Throws

Please see the entry opportunity for these champs.

<http://www.kcaa.org.uk/track-field.htm>

2022 Veterans/Masters Track & Field Championships Online Entry

11th September: Medway Park, Gillingham

17th/18th September: David Ives Stadium (Erith Stadium), Avenue Road, Erith Kent, DA8 3AT

Closing date 25/08/2022. No late or telephone entries accepted.

Up to 2 events £9 Per event. 3 or more events £8 Per event

Before registering for this meeting please see

Southern Athletics League, 13th August Tonbridge

This league is a true club event where all levels are welcomed with non scoring opportunities. It really helps if Grazia Manzotti knows in advance who is available, she can select the strongest team and have a list of reserves who she can move up from non scoring in the event of injuries etc. Most events available. grazia.manzotti@gmail.com

British Masters National Events

Below are the National events for this Autumn. As the outcome of our appeal against the inclusion of a Trans runner at the road relays is still outstanding my enthusiasm for the relays etc may wain if the explanation is not satisfactory.

We could potentially have a Men's and Women's competitive 55AG teams in the XC relays.

Note the 10 mile road champs at Cyclo park so on our doorstep.

The Derby race is the selection race for the Home Nations XC race in Dublin, very much the pinnacle of representative Masters events. Please let me know if you will do this as we can then co-ordinate travel etc. It will be 5 year age groups.

NATIONAL			
Date	Competition	Online Entry	Closing Date (23:59:59)
14 Aug 2022	British Masters Marathon Championships Ramsey AFC, North Shore Road, Ramsey, Isle of Man IM8 3DY GBR	Enter here	9 Aug 2022
20 - 21 Aug 2022	BMAF Decathlon/Heptathlon Championships Wavertree Stadium, Liverpool L15 4LE	Enter here	15 August 2022
29 Oct 2022	BMAF Open Cross Country Relay Championship West Park, Long Eaton NG10 4AA.	Not open	
06 Nov 2022	BMAF 5k Championships Wrexham	Not open	
27 Nov 2022	BMAF 10 Mile Championships Cyclopark, The Tollgate, Watling St, Gravesend DA11 7NP	Not open	
Regional Fixtures			
Date	Competition	Entry	Closing Date
15 Oct 2022	England Masters Cross Country (Including Team Selection) Markeaton Park, Keddleton Road, Derby DE22 4AA	Enter here	26 Sep 2022
Area Club Fixtures			

Southern Road Relays

Sunday 25th September

Venue to be confirmed, there is talk of a return to Aldershot.

Masters teams are 10 year categories 40+, 50+, 60+