

TAC Masters Update 24th November 2017
Britain and Ireland Home International Sat 17th Nov Derry, NI.

Ben Reynolds M50 (2nd Claim) and Graeme Saker M55 were in action in Derry having been selected for the British and Ireland Home International last week-end.

Despite approaching the top end of the 50-54 age group, Ben showed his big event pedigree as he won the M50 and over race by 8 seconds from his fellow English team mates who were 2nd, 3rd and 5th as they dominated the team race. Graeme Saker was in the M55 age group and was 6th and 3rd Englishman to be part of the 3 man AG winning English team. Their efforts also contributed to the English overall win, involving all the AG races for both the Males and Females.

Reports from Ben and Graeme below

Ben Reynolds

And so to Derry, or Londonderry or Legendary as the locals like to joke. Good course, fairly flat rather squidgy strength-sapping grassland. Happily for the media tarts like me, the races are split to give the V50s some limelight with a V50/55/60 men's race. My main opposition were all hors-de-combat (Andy Leach pulled out a week before, Welsh sheep farmer Austin Davies is coming back from injury, Paul Ward from Telford ditto) so our start was pedestrian and the first 2 laps were an embarrassing dawdle. We still had a leading group of 12 at the end of the second lap. I tried to settle in behind someone but struggled to find anyone to follow. I felt like a flat-cap Sunday afternoon driver – lovely clear road in front but a 5 mile tailback behind! I'm told they were all waiting for me...

Try as I might, I couldn't avoid drifting into the lead on the 3rd lap but did my best to do as little work as possible. My plan was to push the last lap so as we turned the corner I put the hammer down. It went quiet and after a few hundred yards someone said "you've got 20 yards". 20 yards! FFS, is that all! I glanced behind to see team mate Julian Richardson tenaciously hanging on. I did some more work to the next corner and glanced back. Still 20 yds. This was getting tiresome and it continued very tiresomely like that for the remainder of the lap but I got there albeit with rather wobbly legs. Very pleased. 1st, 4th, 2nd and 1st in the last 4 years – nowhere near Mike Hager or Angela Copson standards but good to be out there.

It was also good to see Graeme in the mix coming 6th in the V55 race and 3rd English scorer although he said his performance wasn't quite what he was hoping for.

Graeme Saker

Derry is a superb city with marvellous people. Certainly worth a visit, especially as it is one of those places you wouldn't think of visiting.

We walked around the City Wall (approx. a mile) and was able to view the city both sides of the river Foyle as it steeps upwards with all the peace memorials and murals still evident.

I was spoken to by a lady in Costa coffee whom asked where Tonbridge was as we ended up having a long chat when she joined us on our table and gave us an insight into the locale. In fact everyone one in Northern Ireland would speak to you wherever you went – not always something that happens in the SE of England !

Team management..... I would have to place England bottom sadly. Largest team but the smallest tent, no team meeting, no guidance regarding the transportation to the hotel hosting the function if

you didn't happen to be in it. England's athletes were scattered (unlike other countries) apparently due to misunderstanding on the hotel booking, but others had other ideas as to why that was. Certainly other countries had better kit and Scotland we believe, were given travel assistance albeit only a gesture.

The evening meal and function was excellent marred only by speeches running on too long - so no medals were distributed until around 10.15pm.

They needed to compare notes as they were all basically saying the same thing. However the meal itself was great considering there were approximately 500 people !

The results were slow to arrive and poorly distributed, but there was excellent photography being run throughout the evening of all the races.

Weather was grey and cold but not actually raining during the event, however, the course was pretty wet in places, enough to make it challenging even if it didn't have the obligatory big hill in it. It was marked superbly and fantastic for spectators and really well supported throughout the course, typically the Irish were in full voice.

My run was disappointing, as I like to pick up two medals from this event rather than the one, and just didn't feel 100% the hour before the race, lacking the bit where I raise my game in the last 3rd of the race. Finished solidly but nothing like I would have liked, and drifted off the pace a bit too much. However, to finish on the positives it was good to score for the winning England team and ensure no over 60's got in front of me, but that plenty of over 50's were behind me including some from England. World Champion Guy Bracken didn't enjoy the conditions.

I did end up 6th as Julie was counting and must have missed one in all the excitement !



There is some good video on the TAC Vets facebook group

Marden Half Marathon and 10K Sunday 18th Nov

There were some excellent results from Marden where Tracey Horne 42.56 won the 10k. Antonia Skerritt 1.32.33 continues her good form as she was just pipped for 2nd place in the half marathon. New member Diana Ierfino who has been training with Alan's group ran a PB of 1.58.11

Results are at : <http://www.uksportstiming.co.uk>



Brighton 10K Sunday 18th Nov

Adam Roeder has been targeting sub 40 mins since joining TAC earlier in the summer and set off for Brighton where he was greeted with pretty good conditions for a November race on the sea front.

“Today's race report, is it good news?! Yes! Chip time was 39:42, apart from breaking the 40 barrier for the first time it's also 3m15s faster than Staplehurst back when I just started TAC. What a difference the TAC effect has had! I started off strong and completed the first 5k in 19:20, I tapered off a little in the second half but the recent XC slogs prevented a major slump. Maria is still out of sight at this distance but at least a little closer!”

Bedgebury 10K

Rachael Fagg was 3rd Lady at the Bedgebury 10k

“Just to let you know, I did the Bedgebury 10km on Sunday. Mostly on the hard track around the forest but a couple of foot-squelchingly muddy stretches. Much to my surprise I was the third female home (left before the presentation). It was a beautiful day though and a challenging course (also a Half Marathon option); might be one the other Vets could consider in the future. They're also holding a 5mile and 10 mile race on the 4th February (sadly will be in Rome watching the rugby!).”

<https://www.nice-work.org.uk/races/Bedgebury-Half/2017>

Park Run

Report from Phil Coleman who appears to be in good form ahead of Kent Vets:

“I was up north last weekend and won the park run at Southport (near Liverpool) in 18.37 - there was a young runner ahead of me but they mysteriously disappeared so I think they went off course!”

SCVAC League 2018

Provisional dates for 2018 meetings are:

Mon 30 th April	Sutcliffe Park
Mon 14 th May	Ashford
Fri 25 th May	Tonbridge / Bromley (awaiting school confirmation)
Fri 15 th June	Tonbridge / Bromley
Mon 2 nd July	Dartford
Fri 13 th July	Gillingham

We now have a Women's B team in the Div 2 which I hope will encourage more athletes to “have a go” in the safety of the vets league!! Unfortunately, no athlete can compete for both the A and B team on the same night.

Kent Vets Champs

Details of entries and directions are at

<http://www.tacdistancerunners.com/kent-mastersveterans-championships-saturday-2nd-december.html>

<http://www.kcaa.org.uk/cross%20country.htm>

South of England XC Champs Sat 9th Dec 2017

I have made the following entries . We can discuss transport nearer the time

Dan Madams	M40	2.10pm
Mark PK	M50 (3 to Score)	11am
Phil Coleman (Direct)		
Mark Schofield		
Alan Buckle (Direct with Dogs?)		
Alan Newman	M60	11am
Brian Buckwell		

Lucy P-K Rachael Fagg Tracey Horne	W40 (3 to Score)	11.43am
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Maria Heslop	W50	11.43am
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Sue James	W60	11.43am
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http://www.seaa.org.uk/images/2017/Endurance/Entry_Forms/Masters_XC_Entry_Form_2017.pdf