

## TAC Updates 27<sup>th</sup> April 2017

### London Marathon

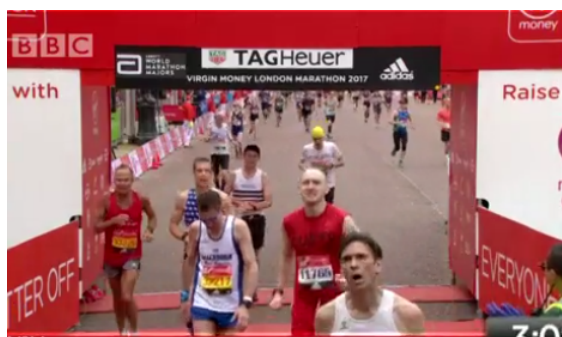
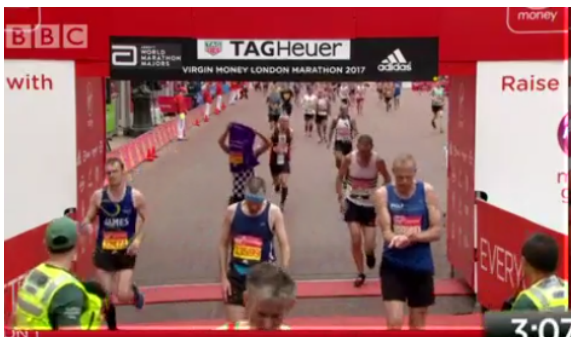
There were some outstanding runs by TAC masters last Sunday. Leading the way was **Julian Rendall** M35 who could be seen starting just behind the elites and getting his wave to the camera (below) as he set off to run 2.36.35.



**Steve Keywood** M55 who apparently only decided to run the week before as he had deferred his place the year before due to his knees requiring further surgery etc and would lose the place if he deferred again, ran an incredible 3.06.05 to be considerably quicker than last year! I suspect you will have a good for age place now for next year!!!

Steve

James



**James Winnifrith** M45 was not far behind in 3.07.57. "Thanks, my legs were tired from Brighton and got cramps on the last three miles, so slowed down. Still very happy, I was aiming 3:05-3:10, ideally would have liked a new sub 3:05 PB, but always next time. Got a lot of shouts out for Tonbridge, recognised a few supporters from the club as well."

**Antonia Skerrett** W35 completed her first marathon in 3.23.01 and has set a high standard for herself. **Dan Crush** M40 ran 3.25.11 to lower his PB from 4.03, showing what TAC training can do!! This was despite what Dan would admit was not the ideal lead up in the final months of training with a new baby and some social events!! Another to be battling with lack of sleep due to her 5 month old baby was **Penny Pilbeam** W45, but her determination to run the London Marathon carried her along to 3.32.28 not far off her Brighton time of 3.29.27. In fact, Penny's splits were probably the most consistent of the TAC runners as it appears the going got tough at 35km. **Martin Hillier** was frustrated to have suffered a fate not unfamiliar to many of us who have run according to their GPS only to find it is incorrect due to the buildings of central London, as he missed his target by 32 secs, having thought he was well inside 4 hours. Having seen Martins speed over 150m last week he could have made up that 32 secs!!



#### **Meanwhile Duncan Ralph was running the “other” marathon last Sunday.**

I thought that I had sorted out my previous adductor issue. Unfortunately, it reared its ugly head once more just before Southampton Marathon. No worries, I treated it as a training run and jogged round in just over 4 hours (4:02:14). A really nice event with just over 1,000 finishers. There were more people doing the half and 10k but they set off at different times so there were no queues for loos or baggage drop! ☺ The marathon course is two laps of the half marathon course twice over which was actually quite nice as you knew what you still had to do. Now to see if I can get myself sorted to run a ‘respectable’ time at the Seaford Half in 3 weeks’ time ☺

#### **Hildenborough Road Races**

5M and 10M races at Hildenborough rec this Monday, entries at <http://www.hildenboroughraces.com/>