

TAC Masters Update 31st August 2017

SCVAC T&F Regional Final this Sunday

The finals weekend has arrived! Journey from Div 2 novices to area final in 16 months!!



Teams from the first match we took part in at Sutcliffe Park on the 30th May 2016!

Typical 2017 Team



The team sheet has been sent out by email. We have good teams and hopefully we can equip ourselves well and see where we stand in relation to the top Veteran teams from the South East.

Women

- 1 Winchester
- 2 Epsom and Ewell
- 3 Stevenage
- 4 Oxford City
- 5 Serpentine
- 6 Dartford

Men

- 1 Southampton
- 2 Hercules Wimbledon
- 3 Heathside
- 4 Oxford City
- 5 Herne Hill
- 6 Dartford

Julie Rose Stadium , 1864a Willesborough Rd, Kennington, Ashford TN24 9QX

SCVAC League Final - the approach road to Julie Rose Stadium from M20 J10 direction is closed for road widening. Diversion from M20 is at J9.

Mark McAllister 100m and 200m records

Mark McAllister took part in the SCVAC T&F champs at Kingston last Saturday and came away with not only gold in the 100m but a new TAC M45 record of 12.30 which had stood for many years. Apparently this race was very close between the leading 3. He followed this up with Silver in the 200m which I believe is also a TAC M45 record. This a great reward for the year of consistent training Mark has put in since restarting training last summer after prolonged injury.



Tonbridge Open Meeting Monday 28th August

There was a great turn out of vets at the open meeting, with many taking a last opportunity for perfecting techniques before the finals next week. Others were posting times that will help with selection this week.

Top run of the day must go to the Mens 4 x 100m relay team who posted 49.34 for a new vets club record. This is also the 8th fastest time by a M35 team this year (including GB and regional teams). Anthony Bickley had run his first 800m in 2.18m only a few minutes before and we were grateful for the slight delay while the pentathlon awards were made to allow his legs to return from their jelly state!! Adam Roeder agonisingly missed sub 5 mins for 1500m by 0.6 secs, although this was a PB! Alan Buckle lowered his 1500m PB by 0.3 secs.

Nina Ridge put in 3 PB's, Sally Vine a couple plus her encouraging debuts over 100m and 200m to put her in the team for Sunday as W50 sprinter. Maria Heslop and Mark PK both ran 3k PB's with Maria's 10.36.40 being a new W45 TAC record.



Sevenoaks Seven Monday 28th August

Tony Bennett continues to improve rapidly not only running a Parkrun PB at Tonbridge on Saturday in 18.36 he then took on the very demanding Sevenoaks 7 miler in hot and humid conditions on Monday. He ran 45.58 for 8th place and 4th Vet. He tells me that he has increased his milage as he is doing a race that involves going up and over Snowdon next month.

Park Runs

There was a very impressive run at Tunbridge Wells from Dan Madams who as a M40 ran 18.10 to be second. Dan will be running 3k B string M40 at Ashford and possibly M40 800m as well (against his previous club Heathside!)

There was also an impressive run from Julie Goodge who put herself under 25 mins with an age grading of 64% to show how impressively she is getting back to running.

At Tonbridge Julian Rendall was first home and in the 80% region on Age grading to demonstrate his form before the weekend.

I am planning to run Bromley ParkRun on the 9th September. If anyone else would like to do this one and all help each other to PB's that could be productive!!

South of England Road Relays at Crystal Palace Sunday 24th September

We definitely have a squad of M50 to select from for this event in our attempt to defend last year's title. The M40 team need to hear from a couple who have not responded to Mark Hookway yet. Please let him know asap if you can race as entries will need to be made soon. We have a complete Womens vets team.

Womens Vets race at 1.30 4 x 4.5K

Mens Vets (all age groups) Race at 2.30 4 x 6k