

## **Masters Update 1<sup>st</sup> June**

### **Staplehurst 10k**

Tony Bennett, Mark Pk and Lucy Pk are planning to do this race on the 11<sup>th</sup> June, it is advertised as a potential PB course! Anyone else fancy doing it?

<http://www.nice-work.org.uk/events.php?id=42>

### **Duncan Ralph Edinburgh Marathon**

I think that it looks like Duncan found the second half at Edinburgh marathon tough as his finished in 4.13.10 , having gone through half way in 1.53.

"I did enjoy the Edinburgh Marathon - particularly the end. I arrived at the start feeling fairly confident and began strongly. However, I began to struggle after about 10km and thereafter it was increasingly a matter of persevering through to the end. Not really sure why, but my usually reliable endurance had a day off. However, I soon perked-up after a plate of haggis and a pint of 'heavy' J"

### **London Vitality 10K**



Surprisingly humid conditions for this fast race. Mark PK led the vets home in 39.20, however he lost 40-45 secs at 8km when a lady collapsed unconscious in front of him and he stopped to administer first aid and ensure she was in good hands and regained consciousness.

Tobin Bird made a very impressive debut over 10k and improves with every race his does.

Tony Cohen was close to Lucy PK throughout the race as he continues to make steady improvements since his knee surgery in the winter. Lucy did not feel on PB form but was still 11<sup>th</sup> in her age group.

Martin Hillier was the only one to register a PB as he knocked 41s off his previous best.

Ben Reynolds was a very close second to Andrew Leach his arch rival in the M50. I don't think Ben had the ideal start as I saw him flash past me at about 1km having to weave through the field.

563	Mark Pitcairn-Knowles M50	39.20	Lost a minute due to administering First Aid
770	Tobin Bird M50	41.11	Debut
1124	Lucy Pitcairn-Knowles W50	43.25	
1247	Tony Cohen M45	44.08	1s outside pb
4967	Martin Hillier M45	55.41	PB by 41s



### **SCVAC Kent Vets League Match This Friday 2<sup>nd</sup> June at TONBRIDGE**

With both our Men's and Women's teams occupying 2<sup>nd</sup> place in Div one we have a home match to hopefully cement these positions (top 2 teams go to end of season area finals 3<sup>rd</sup> Sept). Looking at the team sheets it is great to have issues as to who to put as scorer for a number of the events now. It also allows us to minimise the need for people to rush from one event to another. I also hope that a number of relatively new members will take this opportunity to come along and have a go as a non scorer when there is no pressure, as it is a great opportunity to make a track / field debut amongst like minded athletes of a similar age, (it is free) You will need to wear your TAC vest.

Anyone who is unable to compete can watch or help with the Javelin or Shot Put. The weather looks like being warm and perfect for athletics.

### **BMAF Masters Cross Country Championships Inverness 17<sup>th</sup> March 2018**

Inverness may be a long way away however I have just looked up flights and return flights with Easyjet leaving Friday afternoon or evening , returning Sunday afternoon are £35-40 . We could have a couple of nights with a bit of a night out on Saturday!! Flights back on the Monday are £7.00 if a day up in the mountains is incorporated?

I will look into hotel options, but an idea of who is interested so I can approach hotels for a deal will help.

**BMAF XC relays 28<sup>th</sup> Oct Nottingham**

I would like to try to take a team or two to this event. Men 45 5 stage x 3km, W35 4 stage and W45 3 stage. Please put in your diary and let me know if in principle you are interested. Definite medal potential for Ladies teams.