

TAC Masters Update

South of England Road relays, Sept 19th

We had a Ladies team in the masters event, in which there is only one age group, Over 40. Sasha Houghton had the excitement of the first leg and managed to pace herself well over the first half, allowing her to work through and overtake our Senior ladies B team. She recorded 15.48 for the 4k course, which was well ahead of her expected time based on recent park run times and placed the team in 5th place after the first leg. Nina Ridge ran the second leg again showing her return to training after a busy summer is paying off as she ran faster than her expected time in 16.49. We slipped one place to 6th which Lucy P-K on 3rd leg was able to hold running 16.34. Emma Avis had the tricky job of pacing the last leg when the race has spread out, but held her form to run 18.53.



7	Tonbridge A.C.				1:08:04
	Sasha Houghton	15:48	62	5	
	Nina Ridge	16:49	63	6	
	Lucy Pitcairn-Knowles	16:34	58	6	
	Emma Avis	18:53	65	7	

As some of you will know we entered a mens 40 team to ensure we could bring others into the team if required. As it was we actually had 3 veteran runners in the senior mens D team, and although it was fun to get a run and make up the team I think those of us who ran in the senior mens race would all agree that it would be better to be amongst the vets race.

Our Mens 40 team (including 3 M50) was led off by Phil Coleman, who got well up on the first lap but perhaps by his own admission found the second lap tough after running a fast first lap, 22.42. He still managed to be in 18th place in the team event. John Ridge our genuine 40+ runner running his first race for the club paced his run well to hit his target of 24 mins exactly and 21st place. Cain ran 26.18, clearly warming to the task as the race went on. Jim Maitland heard the tales of going off too fast and controlled his first lap well to run 27.00 to bring the team home in 28th place



28	Tonbridge A.C.			1:40:00
	Phil Coleman	22:42	28	18
	John Ridge	24:00	31	21
	Cain Bradley	26:18	38	25
	James Maitland	27:00	43	29

Doing some sums and putting the fastest runs by our O50's who ran in either the Vets or the Mens D team, we would have clocked 1:40:15, so would have placed 13th out of 19 teams in the Over 50's event.

69	Tonbridge A.C. - D Team			2:22:39
	Alex Hookway	21:12	53	52
	Jordan Saul	22:28	62	64
	Jamie Brown	22:20	61	58
	Ian Crawley	25:52	65	68
	Duncan Ralph	26:24	70	68
	Mark Pitcairn-Knowles	24:23	69	63

Winter Events for your diary's

Kent Vets XC champs , Dec 5th at Sparrows den, West Wickham.

We had a great turn out for this event last year, winning the Mens 50 race . 1 Point off a medal in the Mens 40. Potentially we should have another strong team for the Mens 50, and if everyone can make themselves available a strong Mens 40 team that will be able to contend for medals. The Women should be able to put out teams in the 35-44 and 45-54 category's,

Entry is per athlete by the club.

Southern XC champs, Saturday 12th December at Biggleswade, just south of Bedford.

This event is normally combined with the Junior and womens inter-counties cross country. So for those with children competing is very convenient. Biggleswade is about one and a half hours to get to. The races are between 11.30 and 1pm. Last year we had the minimum numbers for 40 and 50 age groups. Age groups 40+, 50+, 60+ Men and Women.

National Masters Cross Country Championships

These will be held at Bath University, 13th March 2016. Maurice did this event this year and reported that it was well organised and well worth the trip.

National Masters 10k Road champs, 2nd April, Olympic Park Stratford.

Individual and team event

2nd April 2016 at the Olympic Park. This looks like a great opportunity to race around the park, not sure if the track is involved.

National Masters Road Relays, 14th May, Sutton Coldfield.

We all had a great day out at this event last year, we will await timings of the races, but some may need to stay overnight again. Our target this year will be to enter a M35-44 6 stage team GET THIS IN THE DIARY, this starts from 35 years of age.

Potential Tonbridge Veterans track and field Kent league team.

There has been an encouraging response to the proposal to enter a veterans team into the Kent Veterans track and field league. I am waiting for confirmation from the league when they have a meeting in December to hear whether there is a space for our team. So we will need runners, jumpers and throwers from the age of 35 up. I suggest that we have a meeting for all those who are interested and will post a date shortly.

Other News

Andrew Mercer won the TAC park run age graded summer grand prix, regularly recording age graded scores in excess of 80%. Steve Keywood 2nd, Julian Rendall 4th and Cain Bradley 5th all showing the quality of their performances.

40-49 Andrew Mercer is available for the cross country season and is keen to take part in the Kent and Southern Champs where hopefully we will be able to field a strong team in both the 40's and 50's. New members John Ridge and Richard Bamford, potentially Tony Bennett and Sean Paice joining the likes of Adam Styles, Tony Cohen and Duncan Ralph. With Simon Fraser turning 40 in the spring to join them for 2016. The National road relays are 35-45, which will include Julian Rendall and Matt Harvey as well.

John Harley has had further good performances, particularly the Great North Run where he finished 4th in the 60-65 age group and 574th out of approximately 50,000 runners in 1.28.03!!!

Duncan Ralph is putting in plenty of miles as he prepares for the Beachy Head marathon, with the Tonbridge half this week.

Medals were won at the Kent Vets tack champs in September, gold medals for Simon Fraser, Pete Ebbage, and Mark McAallister

Andrew Mercers' wife Catherine who has run 3.45 marathon in the past is getting back into running and has asked if there are any senior / vets runners who are able to run outside the 6.30pm training sessions. Lucy PK is able to do this on some days. If there is anyone else who would like to meet for a run please contact me mark@pkfamily.plus.com or lucy@pkfamily.plus.com

To take part in National Masters events as an individual you do need to be a member of one of the regional Vets Clubs as a second Claim. Our local is SCVAC, it is £18 annual membership. It is a bit long winded but you join through <http://www.scvac.org.uk/membership.htm>
Or take a look at <http://bmaf.info/> for all the vets clubs.