**National Masters Road Relay Championships**

**At Sutton Coldfield, Saturday 17th May**

Report from Mark Pitcairn-Knowles

First entry into this event by TAC for a while.   4 teams met at 6.15am to get to Sutton Park in time for the ladies race at 11am.

For those of you have been to other events there, the atmosphere was calmer and the weather was superb!!  It is a beautiful park when the sun shines and the trees are all green.

First up was the Ladies 45-54 age group (3 x 5km).  All the ladies age groups run in the same race with the older men’s (65, 75) age groups.   Lucy Pitcairn-Knowles on the first leg for TAC, positioned herself on the front row (89 runners) next to the lady who ran the fastest leg of the day (17.09) !!!   Lucy had a great run and clearly lifted by the cheering of the TAC men finished fast to record a time of 20.34, 10th in 45-54, and 38th overall (incl all age groups + men), a definite PB.    Estelle Fenton was frustratingly held back at the start by the official costing her vital seconds but ran well in increasingly hotter conditions 22.54, finishing 41st and 11th in age group.

The biggest cheer of the day from the TAC team was when Di Bradley appeared in her running vest with her Race number pinned on having decided to step into the last leg (we had a late withdrawal) only after the race had started.   Having not raced for over 2 years due to an illness the daunting task of stepping straight into the Nationals was quite something.    Having negotiated the initial 600m hill and survived she grew in confidence and gained 3 places overall, and 1 in the age category to finish in 22.52.

The team finished a fantastic 10th out of 23 in their age group.

Lucy had clearly laid down a challenge to the men!!

We had two teams of 4 running in the Mens 45-54 and one team of 3 in the 55-64 age group.

M45-54  A team

Richard Owen              18.56

Andy Wood                 18.39

Mark PK                     19.02

Nick Lee                      19.47               1.16.24   28th Team

M45-54  B Team

Cain Bradley                20.21

Tony Cohen                 20.55

Steve Brooks               21.00

Charles Whitmore         20.47               1.23.01    40th team

M55-64

Nick Fenton (Debut)    23.38

Jim Maitland                 22.09

Maurice Marchant        23.58               1.09.45     29th team

Highlights of these races were Richard Owen clearly having given it everything in the first part of the race struggling up the final straight.   Nick Fenton racing for the first time for TAC, looking quite shocked at the pace of the start.   Andy Wood running fastest leg of the TAC teams.   Cain Bradley showing continued return to form with his fastest 5k time for sometime.    Everyone running to their expectation or above.   Relief at getting the teams right!!!!  We also came one place ahead of our friendly rivals Blackheath and Bromley.   A herd of cows on the road in the woods before the finish was an interesting feature, but probably demonstrated who was responsible for the large number of flies in the area, need to practice keeping mouth closed when running.

Full Results  at   <http://www.joelee.co.uk/>

Video Highlights courtesy of Bede PK here <https://www.youtube.com/watch?v=0cwohq9aRpk>

Having started to get the Masters section of the club going with this event we are keen to have more runners making themselves available as we all agreed that the team atmosphere was great fun.   Below is an embryonic list of some events that we would like to target.  A couple of 10k’s perhaps?

Bewl Water Multi Terrain 15 mile (Masters Team event)

SEAA Road Relays September   Aldershot

Bexhill 5K Evening event 25th June BBQ on beach after if suitable weather etc

Kent XC Masters Champs  (team and Individual)

Southern XC Champs

Any other events that TAC members would like the masters to focus on please let either Mark Pk mark@pkfamily.plus.com or Di or Cain Bradley know mail@bradley548.freeserve.co.uk