

TAC Masters Update - 14th February 2019

Final Kent XC League Race 2018-19 – Norman Park, Bromley – Saturday, 9th February

Report by Alan Newman...

“How embarrassing. He's not over-70 yet”. This was the comment, caught on video, of team manager Mark Hookway as I took advantage of the delayed start to my race at Norman Park by putting in final warm up strides near the finish, only to be mistaken by an official and waved urgently towards the funnel where the women's and men's 70+ race was concluding!

Serves me right for being facetious earlier and asking a nervous looking Maria Heslop if the tinted lenses she was sporting were, in fact, Google glasses, complete with course map and directions! I was only trying to help the defending champion relax in the final few minutes before an epic battle for a potential third successive title; her second as a Tonbridge athlete.

In the event there was no need for any route finding assistance as Cas Wright, of Dartford Harriers, set a furious pace on a well marked and marshalled course, that was far tougher than it looked, due to a howling gale and a few muddy sections in the woodlands loop.

Our reigning champion started the final race with a single point advantage over clubmate Sian Robertson, who ran the perfect race to overhaul the leader to win by just four seconds, snatching the overall trophy from Maria's grasp by a point. The holder did not give up her silverware lightly, though, and ran as hard as she possibly could with a recent injury. The final destination of the magnificent Cliff Temple Memorial Trophy was in doubt until Sian took the lead. Any lesser result would have meant victory for Maria, who had the superior record (a tie would have been resolved on aggregate finish times).



There was some great running a little further down the field as Claire Day (6th), Sasha Houghton (11th) and Tina Oldershaw (16th) ran themselves into winning team positions. Sasha and Tina joined Maria in collecting W45 age-group awards and new member, Liz Weeks (9th) was runner-up to Maria in Masters overall. There was a close battle for the W65 title as the holder, Sue James, was six seconds behind champion Barbara Ockendon (Istead & Ifield Harriers) after passing her rival several times mid-race. In the M70 race held in conjunction with the women's 5.5K race, Maurice Marchant (6th) finished third overall.

Elise Rendall showed her experience as she moved through the field and Nichola Evans is pleased to see the back of the cross country season!



Top 3 in W45 Vets



Liz Weeks

In contrast the men's race, which featured three tours round the 1,000m muddy woodland loop, was less productive in terms of awards, with only Dan Madams making the podium with a bronze finish in the M40 category (the lowest age group recognised). Julian Rendall (11th) made the winning team of six with a storming run, seemingly hardly affected by the blustery wind – perhaps he found some strapping younger men to shelter behind!

Dan produced a fine run for 30th and Steve Keywood (72nd) had to work hard to stay ahead of the three musketeers: Mark P-K, Adam Styles and Tobin Bird – separated by 8 seconds. The full results are here: <http://www.kcaa.org.uk/kent%20league%20results.htm>
A summary of the TAC Masters results follows. Many thanks to all who have competed this winter and special thanks to team management, coaches and every single supporter...



Dan Madams Bronze M40



Julian Rendall (1384) leading TAC Veteran

Norman Park, Bromley: Saturday 9th February 2019

Senior Women – 5,505m

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age Group/Comment</u>
3	Maria Heslop	22.29	W50 - 1st Team, 3 to score
6	Claire Day	23.31	W35 - 1st Team, 3 to score
9	Liz Weeks	23.46	W40 - non scorer (new member)
11	Sasha Houghton	24.12	W45 - 1st Team, 6 to score
16	Tina Oldershaw	24.41	W50 - 1st Team, 6 to score
24	Elise Rendall	24.57	W40
27	Nichola Evans	25.08	W35
36	Lucy Pitcairn-Knowles	26.56	W50
66	Grazia Manzotti	29.28	W45
76	Sue James	30.55	W65

Number of finishers = 94

Over 70 Men – 5k

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age Group/Comment</u>
6	Maurice Marchant	33.38	M70

Number of finishers = 10

Senior Men – 9,780m

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age Group/Comment</u>
11	Julian Rendall	35.09	M40 - 1st Team, 6 to score
30	Dan Madams	37.48	M45
72	Steve Keywood	41.29	M55
81	Mark P-K	42.10	M50
82	Adam Styles	42.15	M45
83	Tobin Bird	42.18	M50
94	Alan Buckle	42.51	M55
96	Ross Kinloch	43.09	M55
131	Alan Newman	47.11	M65
136	Cain Bradley	48.23	M55
141	Scott Shurmer	50.36	M45 - non scorer (new member)

Number of finishers = 164

Overall league individual trophy/medal winners

Senior Women: Maria Heslop 2nd

Women Masters: Maria Heslop 1st; Liz Weeks 2nd (TAC 6 of top 10)

W45 Masters: Maria Heslop 1st; Sasha Houghton 2nd; Tina Oldershaw 3rd , Lucy P-K 5th.

W65 Masters: Sue James 2nd

Men Masters: Dan Madams 3rd

M70 Masters: Maurice Marchant 3rd

Kent Road Race GP and Kent Championships

The dates and venues have been confirmed for the Kent Road Race Grand Prix 2019 as:

Sunday 27 Jan – Canterbury 10

Sunday 10 February – Deal Half Marathon

Sunday 10 March – Lydd 20

Sunday 7 April – Paddock Wood Half Marathon (Kent Long Course Champs – All categories)

Sunday 12 May – Darenth Valley 10k

Sunday 30 June – North Downs 30k (multi-terrain)

Sunday 14 July – Sevenoaks 7 (multi-terrain)

Monday 26 August – Dartford 10k

Sunday 15 September – Larkfield 10k (Kent Short Course Champs – All categories)

Sunday 13 October – Maidstone Half Marathon

All the above are individual entry but are recommended races in terms of raising TAC club profile. There are open and Master categories. If entering Kent Champs make sure you are eligible and tick the relevant box or boxes on the entry form. Also, age identifiers must be collected at the venue and worn or you will be disqualified!!

Alan Newman, TAC Masters Coach

Lee Valley Indoors SCVAC Champs

Mark McAllister won two Gold medals in the M45 60m 7.77 and 200m 25.73.

Diane Wright took silver in the W45 60m race in 9.10.

Unfortunately Sally Vine was injured while warming up for the Pole vault.

Ian Crawley M55 reports :

“10.53 PB in hurdles (Silver)pleased with progress, hopefully low 10 next week 9.9 in Poland - that's the plan . 3m PV ,3 good attempts at 3.20, to take Gold medal (Kit Kat height) so reasonably pleased. 9.48 Shot Put pretty good on the back of virtually no winter training and my wrecked shoulder. 1.53 HJ was a bit below where I hoped to be. 5:29, 1500 about the same as Malaga, hoped for better but a cold and travel knocked out most of Jan training so next week should be better. Felt like I'd been through a mangle at the end of the day and came out to find a dead battery as I'd left my car lights on - what a muppet.”

<http://www.scvac.org.uk/SCVACIndoorChampionshipResults10022019.pdf>

Queen Elizabeth Olympic Park Half Marathon

Helen Cohen has been quietly training for this half marathon and came in comfortably ahead of her sub 2 hour target in 1.56.46.

SCVAC Summer Track and Field Vets League

There has been one change to the dates with the Ashford meeting moving to **Monday 24th June**. With the ongoing road works on the M20, that will require some advanced travel planning!!!

Fri 3rd May Sutcliffe Park

Mon 13th May. Dartford

Fri 31st May. Tonbridge

Mon 10th June Medway

Mon 24th June Ashford

Fri 19th July. Bexley