

TAC Masters News 12th October 2023

Chicago Marathon

While the winner was setting a world record for the marathon Ben Cole M35 was setting a new TAC M35 record of 2.26.32, 1min 50 inside his previous record.

South of England Road Relays

We fielded an Over 50's team, however there were an additional 2 M50's running in the Men's D team.

This is a great opportunity to see close up (as they lap you) how fast the top athletes in country can run. While at the same time having the opportunity to compete against your own age group. Our Men's 50 team had 58, 59, 52 and 59 year olds in it so realistically were going to struggle to compete. However, 8th out of 15 teams was not a bad effort. We had excitement to see if the M50 team could beat our Senior Mens D team that was incomplete with 4 members. We knew the two younger members of their team were likely to give the D team a lead, although a storming run by Richard Preston kept the gap down and by the hand over to the last leg runners it had shrunk from 1 min 45 secs to 15 seconds. Derek Jee (D team) was unaware that the gap had shrunk and initially Tony Fullbrook closed a few more seconds. However, it was not to be and as the gap started to ease out again Tony backed off.



Peter Kernan made his club debut.

<https://results.sporhive.com/events/7110965601510196480>

British Masters Road Relays Sunday 19th November

Sunday 19th November at Mallory Park, Leicester. The course looks flat with good supporting opportunities on the 3 mile loop. Slightly different race format. Teams are 10 year categories with numbers per event shown below.

Event Timetable

- 11:00: Men's 3-Stage – M55
Men's 3-Stage – M65+
- 11:05 Women's 3-Stage – W55
Women's 3-Stage – W65+

13:00 Men's 6-Stage – M35
Men's 4-Stage – M45
13:05 Women's 4-Stage – W35
Women's 3-Stage – W45

Potentially we can have teams in all age groups. Can have more than 1 team in an age group. Athletes can run down an age group. Further details at <https://bmaf.opentrack.run/en-gb/x/2023/GBR/bmaf-orrc/>

Please let me know by email this week if you would like to take part.
mark@pkfamily.plus.com I will make club team entries.

European Master Athletics championship in Pescara and Montesilvano, Italy

This championships is mainly stadium based with a some road and XC races.
Grazia Manzotti reports

I booked 3 races for this championship in Italy the 5000 racewalk on track, the 10km racewalk and the 20km racewalk.

I was worried about the trip as I was taking my mum with Alzheimer with me and didn't know what to expect.

The first race on Sunday 24th of September was the 5000 racewalk on the track. I saw in the men's races the previous day that the judges were very strict as they were disqualifying quite a few people and giving few cards. The atmosphere was great, the Italian women who I remember gave me hard time last year were more friendly and I was able to relax a bit. We started in a big pack on the track, over 35 people, which helped me start slow as I was on the third row and had to work my way through. I managed to keep a good speed and consistent lap times of 2:12. I won to become W50 European champion. I could not quite believe it. The medal ceremony was in the afternoon and being on the podium with the National anthem was one of the best moments ever. This had been my dream for a couple of years but I didn't think I was going to achieve it this year. I felt all the training and the racing I did throughout this year paid off, and everything came together.





My second race was the 10km road race. I finished second W50 and got another European medal. It was a good race, 1km lap lots of competitors, spectators and again the judges were quite strict. Quite a few people got DQed while I managed to avoid any cards. I also had people from TAC cheering me, Sue James, Diane and Cain Bradley. We secured GB team silver. I also started to get to know more athletes, a French lady who races against me and few of the Italian who could not understand why I compete for GB with an Italian surname! Again the podium was a great experience with the Italian Anthem this time. It was nice to also win the team medal with GB ladies I race against in the UK it was so good to be part of the same team. It was warm at this race and I realised I didn't know how to take water whilst racewalking so just grabbed some of the sponges.

My third race was the 20km, I had done a 20km in training a few times, but it was my first 20km race and didn't know what to expect. It was at 12:00 on a warm day so I had learnt how to take glasses of water by then and I had a friend passing me gels every 5km. The day before the race was very eventful, my mum had some problems with an infected foot and I also spend most of it in an Italian hospital being the translator for the husband of one of the GB walkers who the day after the 5000 suffered a significant brain haemorrhage. I got back to the hotel very late and didn't eat well. On the day of the race I was looking forward to it, the events of the previous day made me realise I was very lucky to be healthy and fit and able to race. My plan was to do the 20km in 2 hours. I started with a pack of people doing 6 mins KM, a mix of W50 and W45. It felt comfortable as it was a slower pace than the previous races and I enjoyed being with lots of women. The W50 were dropping off, a couple got DQed and Diane Bradley was letting me know what was going on and with 5km to go said I was clear and winning the race, So I just kept the pace enjoying walking with the W45's. Again it was special to be cheered by TAC friends Diane,

Caine, Dan, Sue and Alan! I could hear go GB all round the course! I crossed the line first, became W50 European champion for the 20km and the GB team got the silver again. The podium with the National Anthem was super special again one of the best moments ever and a dream come true.

I want to share what I take back from this experience. I was lucky to be able to race, to be healthy and fit enough for it as some people aren't. It is a privilege to be able to do that.

I met lovely people at this event. You are with athletes who are like you and with the same goal there is always something to talk about and something to learn from others with the opportunity to make friends. Don't give up on your dreams when things seem difficult, I had some bad races in the summer and don't wait till things are perfect before giving it go at racing. My 20 km race preparation was not ideal but not worrying about the race as other things were going, on helped me enormously. Friends are important and helped me a lot through this with encouragement, at times I was not sure I was good enough to go and was so worried about my mum I almost gave up, but talking to friends made me decide to go.

Results:

http://www.fidalservizi.it/risultati/2023/Test_EMAC_2023/Risultati/IndexRisultatiPerCATEGORIA.html

Ian Crawley Pescara Write Up

I customarily provide a write up of my performance following major champs. I usually try to inject a bit of humour, but this year effervescence is proving difficult to summon.

According to Kipling: "If you can meet with Triumph and Disaster And treat those two imposters just the same then yours is the earth ...". According to John McEnroe: "Show me a good loser and I'll show you a loser." Personally I'm with McEnroe. I finished 4th and despite low expectations and the usual last minute decision to travel I was very disappointed.

The week started well enough with a chance meeting with Ulf Timmerman who still holds the European SP record of 23.06 set in 1988. I wanted to ask about PEDs but it seemed a bit churlish; so instead asked for a bit of coaching. On watching my glide technique his only comment was "Zat is wrong!" to much hilarity from my team mates.

There were something like 28 entries in the M60 Decathlon with 7 realistic medal contenders. First rule of Decathlon - Make it to the start line. The day started well when 2 of the contenders failed that test. My Day 1 of competition went probably better than expected. 100 and SP were predictably poor but LJ, HJ and 400 were all season's bests and very encouraging. What was more I felt pretty fresh. Second rule of Decathlon - Complete 10 events. During HJ another of the contenders dropped out so it became a 4 way battle for 3 medals and I was lying third. Gold was pretty much out of sight but I thought silver was possible.

My customary bad night followed as my body tried to flush out lactic acid every 10

minutes and was up early to be at the track for 0730 for Day 2 and what turned out to be a 12 hour marathon. Managed to complete a hurdles race for only the second time this season; the previous one was the week before. The time was not a disaster either but by now Silver was also in the distance. I was back in 4th but feeling very confident that all I had to do for bronze was stay upright. This was probably my undoing as I completely lost focus. Third rule of Decathlon - don't have any disasters. Discus was. PV not far short and Jav also poor. But the 1500 took the biscuit as I failed to execute my normal hard run from the gun and paid the price. A really woeful performance on Day 2 and I let a medal slip through my fingers.

I also entered Discus, HJ and PV as part of the supporting cast. In Discus I threw a PB 5m further than in the Decathlon (worth approx 100points) for 12th place. In HJ on very tired legs also finished a distant 12th. And in PV a respectable 9th with a PB equalling vault (20cm and 80 ish points worth more than in the Decathlon)

No doubt they will provide their own summaries but I feel I should mention: Grazia Manzotti who almost made it a clean sweep in the W50 walks with Gold, Silver, Gold. **Dan Bradley** took silver in the M35 XC and I think a team bronze in the 10k road race. **Nigel Field** finished 6th in his 100m heat and 7th in his 200m heat. Sue James won a team silver in the XC as did Alan Newman. And Nicky Buckwell (ex TAC) won silver in W65 Heptathlon.

As I look towards the European Indoors in Torun in March 2024 I'll end with Kipling again - "If you can fill the unforgiving minute With 60 seconds' worth of distance run, Yours is the earth and everything that's in it....." Worth remembering next time I'm on the start line at the end of a Decathlon or Pentathlon.

European Masters Athletics Championships Stadia 2023 (EMACS) Pescara, Italy

EMACS 2023 was held in three towns in the Abruzzo region of Southern Italy, where the Apennine mountains roll down to the Adriatic coastline. Our base was Pescara - the central town and location of the 20,500-seater stadium: Stadio Adriatico Giovanni Cornacchia, which opened in 1955 and hosted some football games during the 1960 Rome Olympics.

Pescara is named after the Latin word *Piscaria* which means: "abounding with fish", and that explains why the restaurants suit those who favour a pescatarian diet - and that's not Alan or Sue!

We had booked cheap Ryanair flights (Stansted to Abruzzo) and a nice seafront hotel a year in advance. Travel and accommodation were fine. The weather was exceptionally hot - even for Italy - with 30C in the sun. As a result, Alan decided not to contest the half marathon on the final day of competition.

We started with the cross country (the Stadia championship includes money-making non-stadia events). Alan and Sue were in the first race over 6K at 9:00am (parkrun time) on Sunday (24/09). Bragging rights for Sue who was 11th W70 (34:27) to

Alan's 12th M70 (23:27) as both claimed GB over-70 team silver medals. Both were delighted with their 'fast' times until some spoilsports with their GPS watches advised us the course was short - by around 600m!

That was 'mission accomplished' for Sue who has significant health challenges and was on cancellation watch until the last moment before boarding the plane. Two days later, Alan was back in action at Stadio Comunale Montesilvano (around 15K from Pescara) to finish 8th in the M70 5000m (22:33.93 - a new club record). Two days further into the 'holiday' it was time for the 10K road race. 10th M70 in a club record 46:33, plus M70 team bronze were Alan's rewards for a carefully paced race in 27C heat.

We had a lot of fun with our regular group of friends. We did find a few good places to eat and enjoyed a day out on the train to visit Ortona and its Renaissance Castle: Castello Aragonese, 1492. The region is littered with castles and other historic buildings and would be well worth a visit for a holiday - which this most certainly wasn't!

In between competing, sightseeing, and searching for the perfect cappuccino, we spent a lot of time supporting our friends, including clubmates Ian Crawley and Grazia Manzotti in their various events.

Approximately 4,700 athletes representing 39 nations competed in Pescara and GB Masters were second in the medal table to hosts Italy and ahead of Germany. The GB Masters team gained 278 medals and 108 of those were gold.

The next major Masters' Championships are the European Indoors (plus cross country and marathon) at Torun, Poland from 17-23 March 2024.

Alan Newman

1 Hour Speed Decathlon

Mark McAllister took part in the intense event completing all 10 events in under an hour scoring 4771 points.

Tonbridge Half Marathon

Helen Gaunt W40 led the way for the TAC Masters winning the women's race in 1.22.14. Richard Preston M50 1.24.22 was 2nd M50. Lizzie Owen was first W45 1.31.49. Penny Pilbeam 2nd W50 1.42.25. Tony Fullbrook 3rd M55 1.33.51.

<https://www.runthrough.co.uk/results/>

British Masters Cross Country Championships 2024

Also, remember to make a note in your diary for the return of the Cross Country Championships to the Rhug Estate in Corwen, North Wales on 16 March. This was much enjoyed by those competing there in 2020 the very last weekend before the Coronavirus pandemic hit us. This will again include the England Masters Inter_Area challenge for area club members.

Other BMAF events

Entries open:

03 Dec 2023: British Masters 5 km Champs - Battersea Park, London

30 Dec 2023: British Masters 10 mile Champs - Buntingford

04 Feb 2024: British Masters 10 km Champs - Goodwood Racecourse, Chichester

See [BMAF Website fixtures page](#) for full details and link to entries in OpenTrack

Regional

Kent Masters Cross Country Championships Sat 2nd December. Dartford

South of England Masters Cross Country Championships Sat 9th December Horspath

British Trail Running Championships, (Tim Hill reports).

I competed in the British Trail Running Championships (middle distance) on Saturday 7 October.

Held as part of the 'Lakes in a Day' event, the 86km route ran North-South through the Lake District, Caldbeck to Cartmel, 4100m of ascent (route extended slightly due to diversion caused by high winds).

13:18hrs

43rd overall (33rd male)

12th veteran (10th veteran male)

Approximately 380 entries, 63 DNF.

The route takes in the peaks of Blencathra, Helvellyn and Fairfield before descending to Ambleside (50km), then undulating ground to the finish including wading a good stretch through the flooded shoreline of Lake Windermere. Weather was autumnal with poor visibility and strong winds high up, calm and overcast lower down.

<https://strava.app.link/SbPfeimyKDb>

<https://live.opentracking.co.uk/lakesinaday23>

Berlin and Chicago marathon

Elise Rendall has been up to her secretive escapes to casually run marathons around the world.

Chester Marathon

David Suddes M45 3.15.31 (PB) and Laura Andrade W45 3.40.32

Royal Parks Half Marathon

Harriet Woolley 84.00

Dan Crush 1.36.33 and Angie Crush 2.26.35 (stepping out of her comfort zone to raise charity money)

<https://results.sporhive.com/events/7114588810278565120>

Ashford 10k

Dan Longhurst M40, 7th 35.31. Grazia Manzotti 45.53 for a PB.
<https://resultscui.active.com/events/givaudanashford10k1>