

TAC Masters Summary

BMAF National XC Champs Sommerhill School 12th March

ENTRIES OPEN

This is for athletes over 35, men and women.

Entries are now open, you need to make your own entry for this event at

<https://data.opentrack.run/en-gb/x/2022/GBR/bmaf-xcc/>

Please remember that a lot of effort has and will be going into hosting this event that really is a once in a life time opportunity to race on your doorstep. Next year it will be in Northern Ireland or Scotland. It only comes to the South East once every 16 years at best! Please support this event.

If you can't race, we will need help marshalling and setting up etc.

New Members Communication and Entries

There have been a number of new members joining the distance runners Senior group who may not be aware of the www.tacdistancess.com website that Mark Hookway (winter team manager) uses to inform all TAC distance runners about races, results, directions, coaching, race videos etc etc it's all on there!!!!

If you are not already receiving his weekly email re entries etc please contact markhookway@icloud.com and ask him to be added.

If you would like to race in the National XC champs at Parliament Hill London on the 26th February please contact him now. This is a great race and an experience not to be missed, you do not need to be super fast to take part, but you are in a race with the best athletes in the country. Plenty of us can even say we were part of the TAC winning team, well we raced for TAC in the race that TAC won!!!! See the videos from 2017 at Parliament Hill <https://www.tacdistancess.com/english-national-cross-country-championships-saturday-24th-february.html>

Please note this is the Senior National XC champs that is open to all athletes over 18, as opposed to the Masters XC champs for those over 35 yoa at the top of this email.

As a warm up, before that there is the last of the Kent League XC in Bromley on the 12th February. The entries for both of these races are paid for by the club.

Kent Champs Sat 8th Jan 2022

Wet and soggy conditions at Brands Hatch did not deter some good performances in The Kent Champs. Newly turned 35 and at present the baby of the Masters qualified TAC runners, Dan Bradley finished 7th and leading M35, with Ben Cole also M35 just a few seconds behind in 8th. Julian Rendall 33rd had his best race for a while, with Ben Reynolds finishing in 39th, these two took the 11th and 12th scoring places in the 12 to score winning TAC team. Ben was leading M50 runner to double with his Kent Vets win back in December.

Tom Woolley M40 48th had his best run since his dose of Covid. It was nice to see Nick Barrable M45 81st racing as he lives in Sweden. Tom Rule M40 105th has learned a lot during this XC season and paced his race to continually move through the field.

After Ben Reynolds the battle of the TAC M50's was close between James Beeston 108th and Chris Potter 113th as they both ran their best races since spells of injury. Jacek Tracynski managed to keep moving forward despite very little grip on his shoes and managed an impressive 124th despite this lack of traction.

The women ran 8km, but they were the last race of the day after junior races and then 203 men had gone round 3 and a half times ploughing the course. Claire Day W40 thrives in these conditions and was at her best as she climbed through the field to be 13th and 6th scorer for the winning 6 to score TAC team. Nichola Evans W35 16th, Maria Heslop 2nd W50 in 20th place and Sasha Humphries 23rd can all be proud of where they finished in the Kent Senior Womens champs.

Bowl water New Years Day 10k

Sasha Humphries, Mark PK, Lucy PK, John Ridge and Graeme Charters took part in the low key New Year's day race at Bowl Water. Mark finished 5th and 1st M50, Sasha was a close second overall but 1st W45 and Lucy 1st W55. John doubled up with the Penshurst 5 mile the next day and Graeme was 3rd M65 and delighted that his daughter Anneka won the race!!

Penshurst 5 Mile

By all accounts this is a challenging course with a complete mix of terrain.

Nick Barrable M45 was 1st M40 and 3rd overall. Tim Hill M40 9th. John Ridge showed no sign of fatigue from the day before in 30th. Derek Jee reported back that it was tricky despite the borrowed pair of trail shoes.

SCVAC Kent Veterans Track and Field League

We have now confirmed our home match for Friday 15th July at Tonbridge School, 6.30pm to 9pm

Further dates awaiting confirmation