

## TAC Masters Update 15<sup>th</sup> December 2022

### Kent Vets XC 3<sup>rd</sup> December

We may have had the bare minimum for the teams in the Womens 35 and 55 age groups, but they certainly didn't lack quality as they both delivered Team Gold.

The W35 team was led home by Charlotte Warren who knowing she has been training really well set off with the leaders and trusted this training to finish in 5<sup>th</sup> place in the W35 category, having easily the best race of her TAC career. Elizabeth Owen was not at her best but still finished 8<sup>th</sup> having also started strongly, as did Nicola Summerfield who finished 11<sup>th</sup>. This turned out to be a dominant win.



The W55 team spills over with experience and all three team members set off steadily and gradually moved through the field picking off some of the above!!! All three were actually having their first race of the XC season. Maria Heslop led them home in 2<sup>nd</sup>, with Tina Oldershaw in 3<sup>rd</sup> and Lucy PK 7<sup>th</sup> for a miserly total of 12 points.

I have to say the W45 squad really stepped up for a slightly unexpected Bronze medal, with Rachel Fagg having one of her best runs to be 8<sup>th</sup>, Lisa Knight 13<sup>th</sup> and Grazia Manzotti 24<sup>th</sup>. Theresa White was making her TAC debut and ran strongly for 31<sup>st</sup>.



Sue James (W70) was another making a comeback to racing after health issues and it was fabulous to see her smooth running style back on the country. If there was a W70 category she would have been silver medallist.

We had a complete M60 squad, although unfortunately Graeme Saker was stuck in traffic. Alan Newman led the team home with Cain Bradley and Graeme Charters.

The first race of the day was the Mens 50. Ben Reynolds is the defending champion, having knocked away various younger challengers over the years. This year there were 3 that stuck with him until half way round the final lap when knowing he couldn't leave it to a final sprint he forged away to a 15 m lead, however William Pitt from Kent AC found enough over the last 200m to overhaul and break Ben's amazing record.

Folkstone and Medway fought out the honours for the team event, however strong runs from James Beeston (18<sup>th</sup>), Richard Preston (19<sup>th</sup>) and Tobin Bird (30<sup>th</sup>) ensured TAC achieved Bronze ahead of Dartford AC.



Even better was to come from the M40 team as they won a surprising team Silver, confounding stat man Anthony Bennett who had confided earlier in the week that we had very little chance of a medal. Julian Rendall 10<sup>th</sup>, Dan Longhurst 15<sup>th</sup>, Anthony Bennett 16<sup>th</sup> and another club debutant Martin Cornwell-McKeown 25<sup>th</sup> beat other strongly fancied teams. Tom Sherman-Samuels 38<sup>th</sup>, Peter Sutton 47<sup>th</sup> and Richard Harris 54<sup>th</sup>



### **British Masters Battersea 5km**

Nichola Evans chose the BMAF 5k champs over the Kent XC champs and duly showed why as she was 1<sup>st</sup> in her W35 category with a new PB of 18.07 to join Sasha Humphries as a BMAF road champion. Nicola followed this up with representing the Kent senior team at the SEAA inter-counties XC in Horspath.

Dan Bradley was 4<sup>th</sup> M35 in 15.21 and Nick Arnott ran a new 5k PB of 17.34 to be 14<sup>th</sup> M50!!



### **Pudding Race**

The Pudding race is the TAC traditional Boxing day handicap race, open to all free to enter sign up here. Visiting family and friends welcome as well.

<https://www.tacdistancessrunners.com/tonbridge-ac-christmas-pudding-5km-handicap-race-26th-december-2022.html>

### **Christmas Training**

There are a couple of all club training sessions open to all.

Friday 23<sup>rd</sup> Christmas relays that Mark Hookway organises at Vizards fields 10am , simply turn up.

Saturday 31<sup>st</sup> December - Knole Park. Short run and hill session. South end of the park near St Julians Road. 10am