

### **TAC Masters Update 15<sup>th</sup> March 2018**

A chance to look ahead over the coming months. A number of people have asked about upcoming races that are suitable for the Vets. Please look at the comprehensive fixture list that is on the Masters page of the Tonbridge AC website. Alan Newman is doing a fantastic job keeping this up to date and it tells you how entry should be made and whether or not you need to be a member of a regional Veterans club.

[http://www.tonbridgeac.co.uk/Masters/masters\\_fixtures.html](http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html)

### **TAC Masters Facebook Page**

TAC Members please request membership of this group

<https://www.facebook.com/groups/1725755161043753/>

### **Masters National Road Relays Sat 28<sup>th</sup> April**

I hope that you have put this date in your diary. I now need to hear from you [mark@pkfamily.plus.com](mailto:mark@pkfamily.plus.com) whether YOU ARE available OR NOT to run at this great event, this is for everyone who is over 35. Teams are as follows. We can have more than one team in any category.

	Women	Men
35-44	4 Stage	6 Stage
45-54	3 Stage	4 Stage
55-64	3 Stage	3 Stage
65-74	3 Stage	

The event takes place in Sutton Park, Sutton Coldfield and although this is close to Birmingham we have found that early on a Saturday it takes about 2.15hrs to get to. We can arrange lifts to reduce the number of cars required and have an early return for those that require this. The Women's race starts at 10.30am, Men 55+ at 12.25 and M35 /45 2.00pm

<http://bmaf.org.uk/library/fixtures/BMAFrr2018%20Prospectus.pdf>

Please note this is a different event to the Senior National Road relays that take place on the 14<sup>th</sup> April. However, if there are any Ladies that would like to run for that team as well please contact Mark Hookway now.

### **SCVAC Kent Vets League**

Fixtures as shown below.

Date	Venue	Host club
30.04.18	Sutcliffe Park	Cambridge
14.05.18	Ashford	Ashford
25.05.18	Tonbridge	Tonbridge
15.06.18	Bromley	Blackheath and Bromley
02.07.18	Dartford	Dartford
16.07.18	Gillingham	Medway and Maidstone

Clearly, we will need as much help as possible for the home meeting, please rope in all family members as there are 4 field events to set up and put away. We also have to officiate the Javelin which requires at least 5 officials and helpers on top of supplying Track and Field referees etc. See this link for the events timetable. <http://www.scvac.org.uk/track.htm#tt>

**Track & Field League Team Day and Social May 25<sup>th</sup> 9.45am to 12.30ish with lunch from 12noon**

This will be an opportunity to meet other team members and try some events that you might have always wanted to try. You may be required to score points for the team in a field event, so this is an opportunity to learn a basic technique, look confident and beat the other novices. Often a few centimetres can be the difference between 3<sup>rd</sup> and 6<sup>th</sup>.

We hope that the weather will allow High Jump, Long / triple jump, Shot Put and Javelin. Pole Vault, this is easy (Definition?) points for the Div 2 Ladies B team!!!! Keep an eye on the Facebook group for updates nearer the time re weather etc

Di Bradley and Nicky Buckwell have been co-ordinating the lunch in the Track Pavillion, so please let them know if you haven't already that you planning to be there.

It is proving tricky to be sure if and when there will be qualified coaches on hand to instruct new athletes, however I hope that from the knowledge that we have within the squad we will be able to ensure that anyone needing to take part in an event to score points will have the confidence of having at least been shown how to hold the implement or which way to stand etc.

Ian Crawley High Jump and other field events  
Sasha Houghton. High Jump  
Di Bradley Shot / Discus  
Nina Ridge Long Jump / Triple Jump / throws  
Pete Ebbage Pole vault and throws if back from another event in time.  
Lewis Church. Will be training, but may be able to spare a few minutes  
Mark Davies. Shot & Discus (depends on other timings)

I will put out a timetable nearer the time, but I do know that Di will be giving race walking instruction from 9.45am, as unfortunately she will be unavailable for the meeting when the race walk is held!!!! Rachael Fagg will be the W35 walker but we will need a W50 walker.

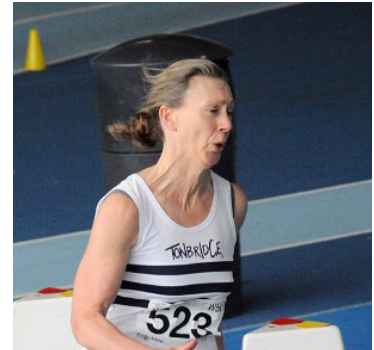
**Results from BMAF National Indoor Championships, Birmingham, 10-11 March, 2018.**

It was great to see two athletes (Diane Wright and Sally Vine) making their debuts at the British Masters Indoor Championships last week-end, while Sue James, plenty of experience at these events, made an incredible recovery from being hardly able to run on Thursday evening due to a persistent chest infection to Silver medal in the W65 400m.

W45 60m 7th Diane Wright 9.00 (PB)  
W50 60m 7th Sally Vine 9.92 (PB)

W45 200m 5th Diane Wright 30.73 (PB)  
W50 200m 6th Sally Vine 33.47 (PB)

W65 400m 2nd Sue James 96.69 (Silver)  
W65 800m 4th Sue James 3:47.24



### **Intercounties XC Championships Loughborough**

Maria Heslop and Tina Oldershaw were impressive in really testing conditions at Prestwold Farm. Maria was first Kent Lady home in 74<sup>th</sup>, after a steady start paid off and she worked her way through the field on the second lap in deepening mud. Tina was 4<sup>th</sup> scorer of the 6 to count as she was 135<sup>th</sup>. The team was 17<sup>th</sup>. These were very impressive runs considering the high quality of this event.



### **Lydd 20 Miler**

This traditional stepping stone on the build up to spring marathons was the destination for Julian Rendall 4<sup>th</sup> 1.58.20 and Duncan Ralph 235<sup>th</sup> in 2.53.18

### **Southern Athletics League**

Hannah Czarnowski and Una L have taken on organising the teams for the Southern League team. This team is for all ages, however over recent years they are often short of athletes, so if you are available for a meeting please let them know, if they have faster athletes don't be hurt, but as a team manager it is so much better to be told rather than having to chase people to fill gaps. You can compete as a non scorer.

### **Ten Top Track Tips**

As the track season is nearly upon us Coach Alan Newman offers the following ten top track tips for your safety and to ensure maximum benefit is gained from your training...

1. Track is different and needs to be respected to avoid accidents and/or injury.
2. Take it easy for 24 hours after sessions and stretch/massage/ice if necessary (especially calf/achilles, hamstrings, quad muscles).
3. Treat the inside white line as if it is electrified! Do not step on it (or you could be DQ'd in a race).
4. Get close but do not impede others. Proximity is good for race practice but bumping and barging is a NO - NO.
5. Treat the finish line as the "start to slow down line". It is not a STOP line or you could cause a pile up!
6. Try to start and finish smoothly. Sudden stop/start movements can cause injury (unless you are a sprinter, of course).
7. Observe the two metre rule when overtaking. Pass slower runners on their offside and do not pull in until you are two metres clear.
8. Gradually introduce spikes from April/May. Consider running all or part of the sessions in flats until used to running in spikes.
9. Look both ways when crossing track (sprinters/hurdles go in both directions). Same when leaving the track at the end of training.
10. **"TRAAACK"**. This is the universal warning if someone ahead is unaware of your presence. If you hear **"TRAAACK"** called from behind while you are training, HOLD YOUR COURSE. Any sudden change of direction could cause a pile up. It is the faster athlete's responsibility to pass you safely and the call is merely a polite warning so you are aware of their presence and do not do anything unexpected.

Finally, enjoy your track training safely and always thank your coaches for timing your efforts. Its not easy keeping tabs on everyone.

Alan Newman