

TAC Masters 16th February 2023

Kent League XC Norman Park 11th Feb

Men



With a number of the top TAC athletes missing, there were concerns whether we would be able to hold on to the Men's 12 to score team title. The master's athletes revelled in the team event and stepped up to provide the support the team required as TAC finished 1st on the day.

Julian Rendall and Jay Smith had strong runs to be 5th and 6th scorers. Tom Rule (10th) continues his steady improvement and Tom Woolley showed he is continuing to return to pre injury form as the 12th scorer.

I am informed that if any of Tom Richards, Anthony Crush, Graeme Saker or Tobin Bird had been the 12th scorer we would still have secured league title. You all played your part.

Julian Rendall showed his consistency through the 4 events and was rewarded with 2nd M40 in the league.

Alan Newman was a very creditable 6th in the M60 league and was 1st M65, all very impressive at 69 yoa!!

Women



Blackheath had the women's league all but won with consistent team performances to date. Like the men, the team was down on numbers and with only 8 running, there was little room for drop outs or illness.

Maria Heslop made her season Kent XC league debut and showed what she can do as she was 5th overall (and over 3 minutes ahead of the next W55) and 2nd team scorer. Lizzie Owen (16th) was 4th scorer and Charlotte Warren (20th) 5th scorer. We were second to B&B and a very solid 2nd in the league.

Charlotte Warren was justly rewarded for her strong league season as she was 2nd in the W35 league.

SCVAC Indoor Champs

Ben Richardson M35 had a busy weekend with Bronze 7.63 60M, Silver 8.73 in 60MH and 6th 24.40 200m amongst plenty of opposition.

Mark McAllister won the M50 60m 7.83 and 2nd in 200m 25.72. Steve Daly ran 8.39 and 27.09 respectively and was silver medalist in the long jump 9.50.
Nigel Field M65 60m 10.17 silver and 200m 35.76 Bronze

Beth Armory W40 200m ran as a guest 29.18
Sarah Westrap W45 60m 9.51 Bronze, Long jump 3.39 Silver, Shot 6.16 Silver.
Angie Crush 2.00m W45 Pole vault silver
Diane Wright W50 60m 9.07 and 200m 30.34 for silver in both.
Grazia Manzotti 3000m walk Gold 16.08.59

Join SCVAC regional club second claim <http://www.scvac.org.uk/membership.htm>

Good luck to all those racing at the BMAF Indoor champs this weekend



Officials Courses

The information below gives parents, athletes or those particularly interested in getting involved in Officialling to have a quick introduction. Remember if you support your child you may as well be an official for an event or two as you will score points for the team!!!

There is a face to face course at Norman Park on the 1st April for Track, Field and Starter/Starters assistant level 1 course. EA are still trying to get a TK tutor, so will let you know about that later.

EA no longer have a budget for face to face courses!! So will only agree to us putting one on, if we pay for the venue, which we will do and also that there are enough candidates to pay for the tutors and their travel expenses, so am hoping you can all rally the troops (or potential officials) to book onto the course.

The links for the courses are -

Booking links:

Track 10:00-12:30

- https://www.athleticshub.co.uk/login?s_id=f075feaf77c38c25f01c9e110dff3d5

Field 10:00-

15:00- https://www.athleticshub.co.uk/login?s_id=17c2182323e21710741950a4c892ec22

Starting 10:00-12:30 -

https://www.athleticshub.co.uk/logins_id=e2bb68ff6a05e60f9a56d3e1d1ea0376

Please note the timings are EA virtual timings and not face to face timings. People tend to ask more questions when face to face and also there will be a chance to get out onto the track, Something EA fails to understand.

Races coming up

Masters Road relays

Thank you to those who have replied regarding the British Masters Road Relays, we are building some potentially good teams. Please continue to let me know if you can race. Saturday 20th May.

You can check other BMAF events at <https://bmaf.org.uk/fixtures/>

Senior Southern Road Relays

Sunday 2nd April at the Olympic Park. New venue for relays. This is a great opportunity to be involved in a relay event. Please make yourself available as Mark Hookway will enter as many teams as required and it always helps a team manager to know who would like to race. markhookway@icloud.com

Tunbridge Wells half

Good luck to plenty of you doing this

Bromley Vets 5 Mile Open XC

<https://www.bromleyvetsac.org.uk/Event/OpenRace>

Nice low key event.

Kent Vets league Dates

5 th May	Sutcliffe Park (Cambridge Harriers AC)
26 th May	Central Park Dartford (Dartford AC)
2 nd June	Tonbridge (Tonbridge AC))
23 rd June	Norman Park. (Blackheath and Bromley AC))
7 th July	Tonbridge. (Tonbridge AC)
28 th July	Central Park Dartford (Central Park AC)

All Fridays starting by 6.45pm (some long throws may start 15 minutes earlier)

Men's Div1

Dartford AC	Medway and Maidstone AC
Tonbridge AC	Bexley AC
Blackheath and Bromley AC	Central Park AC
Cambridge Harriers AC	Sevenoaks AC
Bromley vets AC	Swanley / Eynsford composite
Paddock Wood AC	Ashford

Div2

Women's Div 1.

Tonbridge AC	Paddock Wood AC*
Dartford AC	Bromley Vets AC
Bexley AC	Sevenoaks AC
Blackheath and Bromley	Tonbridge AC B
Cambridge Harriers AC*	Swanley / Eynsford Composite
Central Park AC	Medway and Maidstone

Div 2

Your Team managers

Mark McAllister , assisted by Nick Arnott for the distance men.

Grazia Manzotti Women's teams

Timetable

TRACK		FIELD	
MATCH 1	Sutcliffe Park	5th May	
6.45	400 W+60	6.45	TJ M+60 PV M DT M+60
7.15	400 M+60		(Sev, BrV) (B&B) (Camb)
7.45	3000 W	8.00	TJ W DT W
8.30	3000 M		
MATCH 2	CP, DarMord	26th May	
6.45	200 W	6.45	LJ W+60 SP M+60 HT W+60
7.05	200 M+60		(Cen P) (Dart) (Bexley)
7.25	1500 W+60	8.00	LJ M SP W HT M
8.05	1500 M		
8.45	4x100 W		
8.55	4x100 M		
MATCH 3	Tonbridge	2nd June	
6.45	100 W+60	6.45	PV W HJ M+60 JT M
7.15	100 M		(Pad W) (Swan) (Ton)
7.45	800 W	8.00	JT W+60
8.15	800 M+60		
8.45	4x100 W		
8.55	4x100 M		
MATCH 4	Norman Pk	23rd June	
6.45	200 W+60	6.45	PV W HJ M SP M JT W
7.15	200 M		(B&B) (Sev, BrV) (Camb) (Ashfd)
7.45	1500 W	8.00	SP W+60 JT M+60
8.15	1500 M+60		

8.45 2000Walk W

9.05 2000 Walk M

MATCH 5 Tonbridge

7th July

6.45 400 W 6.45 TJ W+60 HJ W PV M HT M+60

7.05 400 M (Ton) (Swan) (Ton) (Bexley)

7.25 3000 W+60 8.00 TJ M HT W

8.10 3000 M+60

8.55 4x400 W

9.15 4x400 M

MATCH 6 CP, DarMord

28th July

6.45 800 W+60 6.45 LJ M+60 HJ W+60 DT W+60

7.25 800 M (Cen P) (M&M) (Dart)

8.05 100 W 8.00 LJ W DT M

8.25 100 M+60

8.45 4x200 W

9.05 4X200 M

All W running events are for W35A,W35B,W50 and all M running events are for M35A,M35B,M50.

All W field events are for W35,W50 and all M field events are for M35,M50.

Events for W60 and M60 are shown separately on the Wmetable.

2000Walk W is for W35,W50 and 2000Walk M is for M35,M50.

In relays there is one all age group.

There will be four trials in all age groups in LJ and SP.