

## **TAC Masters update 16<sup>th</sup> May**

### **Darent Valley 10k**

This race is part of the Kent Grand prix series. Liz Weeks made light of the challenging course to be 1<sup>st</sup> Female 40.23 with Nichola Evans finishing 5<sup>th</sup> in a new PB 43.06 despite the hills on the course.

<http://www.chiptiminguk.co.uk/results/darent-valley-10k2>

### **Adidas Trial evening Thursday 23<sup>rd</sup> May at TAC**

Next Thursday evening Jason Barton has arranged for the Adidas Technical team / Coaches to come to the club where there will be an opportunity to discuss all aspects of running shoes. They will also have a selection of shoes to test during training. They will be there from 5.30pm so please get down early if you can and ask anything you want to know about running shoes.



### **Stelling Minnis Bay 10K**

This was won by Tina Oldershaw in 40.37. Pictured below with TAC runner Annabelle Carter who was 3<sup>rd</sup>.

Results at <https://resultscui.active.com/events/TheStellingMinnis10k>



### **Ipswich 5K**

Elle Baker was part of the silver medal TAC team at this prestigious event and ran 17.06 , an encouraging sign ahead of the road relays this weekend.

### **National Masters Road Relays**

Declarations have been done with the following running orders.

Apologies for my mistake in not entering a W45 B team, unfortunately

W35	10.30	A Team	Liz Weeks, Nichola Evans, Sasha Humphries, Elle Baker
W45	10.35		Nina Ridge, Rachel Fagg Grazia Manzotti
M45	2.05		Tobin Bird, Mark P-K, Scott Shurmer, Cain Bradley
M55	12.25		Alan Buckle, Phil Coleman, Andy Wood.
M65	12.25		John Harley, Alan Newman, Brian Buckwell

### **SCVAC League 13<sup>th</sup> May Dartford**

The league is looking really competitive this year.

The Men's team had some good results on Monday night, but were eventually second to the Home team Dartford, but still hold the league lead. Tony Fullbrook valiantly stepped into the M50 200m and Long jump to cover the injured Ian Crawley. Pete Ebbage enjoyed throwing the lighter Discus for the first time as a M60 winning by over 12 metres. Steve Tester and Mark McAllister scored maximum points in the 200m along with Andy Howey in the M50 1500m. It is always nice to finish with a relay win as Adam Roeder ran impressively over 100m on the 3<sup>rd</sup> leg.

The Women's team tied on the night with Dartford, to maintain a two point lead in the league after two events. Looking through the score sheet it is hard to believe that we did not do enough to win and I am sure there are various athletes thinking "if"!! Highlight on the track was Nichola Evans mature race to run a PB in the 1500m and also out kick the Dartford athlete renowned for her finish. Sasha Humphries was a clear winner of the B

string. Nicky Buckwell stepped down to the W50, although unfortunately so did Helen Godsell of B&B, but was an impressively strong 3<sup>rd</sup>. Tina Oldershaw W50 and Sue James W60 were both second in the 1500m races (Sue also had Helen Godsell to try to out kick!!) In the field both Nina Ridge W35 and Di Bradley W50 won the Discus. Like the men the 4 x 100m relay team were comfortable winners with Sarah Westrap and Denise Bowart both making debuts.

It is great to see that Div 2 is really competitive this year and our B team were 4<sup>th</sup> on the night, but only 4 points off being 2<sup>nd</sup>. We were unable to field a W60 athlete which was the difference. However it is great to see how athletes are putting in performances that will greatly assist when selecting scorers for the Div 1 team. Lisa Knight and Angie Crush both showed good form in the 200m and relays. Lisa also ran a solo 1500m 5.29 that would have won the Div 1 B string. Grazia Manzotti showed racing maturity as she was not influenced by others and ran a big PB to win the B string 1500m. The strong Bexley team were comfortable winners of the relay with TAC looking slick in second place.

Videos of all the races are now up at

[https://www.youtube.com/channel/UC1GJ4G-GE\\_1V\\_TuF7\\_tBtmQ/videos](https://www.youtube.com/channel/UC1GJ4G-GE_1V_TuF7_tBtmQ/videos)

or search Youtube for "MarkPK"

Results are at

<http://www.scvac.org.uk/2019%20results/ProvisionalVetsResultsDartford13052019.pdf>

The next meeting is at Tonbridge on Friday the 31<sup>st</sup> May. We will require plenty of help on the night as we will also be officiating the Hammer and Women's Pole Vault, as well as providing Track and Field referee's.

Events on offer are 100m, 1500m, 4 x 100m, Hammer, Shot, Women's Pole vault and Men's High Jump. Practice available on club nights and Sunday mornings.

Nichola Evans is organising a meal afterwards, please let her know asap if you wish to be included so she can choose a venue. Competitors, Non competitors and Officials, all welcome.

### **TAC Masters Parkrun Age Graded Champs Saturday 25<sup>th</sup> May**



Due to the numbers at Tonbridge we have decided to run this competition at Orpington Parkrun where numbers are not so large, to allow everyone a clear run. It is an undulating multi terrain surface. The highest age graded score will be the winner of this trophy. Details are at <https://www.parkrun.org.uk/orpington/>

### **Staplehurst 10k, Sunday 9<sup>th</sup> June**

Popular fast course.