

TAC Masters Update 20th October 2022

National XC Trip

The National cross Country champs are taking place in Cheshire this year on Saturday 25th February. Mark Hookway has been able to put together another great package for only £160, that includes your travel by coach to and from Cheshire, to and from the race venue (avoid car park fee and queues) , two nights in a hotel, two x breakfast, a dinner dance and your race entry fee. Coaches will leave on the Friday lunchtime.

Please fill in the google form below asap as firm numbers will need to be confirmed with the hotel relatively soon.

<https://forms.gle/aBFdSV1HqC6AdsZRA>

For those that have not done this trip do not be put off by the word “National”, this really is your chance to stand on the start line with athletes that you would normally see on the TV!!! We then celebrate the TAC distance runner’s year with a dinner dance and awards.

National Road Relays

Ben Cole has done it again!! This time the 37 year old led the team off on the first leg at Sutton Coldfield bringing them home in a phenomenal 2nd place. The team eventually finished in a competitive 5th place after 6 legs.

Tonbridge Half

Dan Bradley appeared to pace his race nicely pulling away in the second half to win in 1.15.16. Despite her record breaking marathon efforts the previous weekend Helen Gaunt (W40) won the women’s race in 1.19.41 (James Winnifrith also post marathon ran a comfortable 1.32.43) Alice Ralph 1.33.13 and Elizabeth Owen (W40) 1.33.16 joined Helen as the winning team. Just behind these last two was W50 winner Sasha Humphries in 1.34.27.

Tim Hill looked strong at 6 miles as the field was strung out. Graeme Veale had looked strong in training this week and carried this through to the race in 1.32.58. Michael Thompson was having an easy run pre the Amsterdam marathon. (1.39. 14) and Georgia Harris completed this challenging course in 2.07.47.



Royal Parks Half

Neil McClennan was also out again after his exploits the week before. His company is involved in the event and there is some expectation for Neil to run. Despite the London marathon he was 8th in 1.13.36.

Annabel Cosgrove was just over 2 hours.

Derby Masters Selection race

Graeme saker M60 and Dan Bradley M35 ventured up to Derby to take part in this selection race that gives the opportunity to gain a coveted place in the English team to take part in the British and Irish Masters Home International that is being held in Dublin this year. This race is regarded as the pinnacle of the National XC season as the only race where true selection is involved.

Graeme took on the challenge as he continues his comeback from major knee surgery last year and was 8th M60.

Dan Bradley did gain the 4th automatic selection place which is a great achievement in the competitive M35 age group. Looks like he was checking this is the photo below.

Ben Reynolds who runs for Thames Hare and Hounds in the winter was 2nd M55 and gains selection too.



Kent League

The first league race took place at Swanley on Saturday. There were some really encouraging performances from TAC Masters athletes. Nichola Evans was an impressive 11th and 3rd team scorer (not bad considering her preference for anything other than XC!!). Charlotte Warren had her best race for TAC so far as she was 26th and 5th scorer in the 6 to score team that finished 3rd. Virginie Martel has really got the bit between her teeth recently in training and made a strong debut for the club and I am sure she will make further progress.

Anthony Bennett probably had the standout run for the men as he surprised himself (54th) as 11th team scorer, with Julian Rendall as strong as ever (41st) 10th scorer for the winning 12 to score team. There were 14 male masters qualified TAC runners.



Amsterdam Marathon

Tom Rule and John Madden ran this marathon together as they recorded the same times 3.08.00 , massive PB's for both of them by almost 20 minutes. Dave Suddes was racing his first proper marathon finishing in an impressive 3.18.33. Michael Thompson ran 3.37.48 and having run several marathons in his time had the hardest job trying to run a PB!

The success of the last few weeks has been particularly satisfying for Mick Bannister, Alan Newman and myself as we see that the hard work in training has clearly paid off. There has been a lot of support and advice for each other within the marathon group.



BMAF Races this Autumn

Correction to last week YOU DO NOT NEED TO BE A MEMBER OF A REGIONAL VETS CLUB TO RACE IN THE EVENTS BELOW.

These require you to enter yourself , see below. There are team medals as well.

Cyclopark, Gravesend will hold the **BMAF 10 Mile** Championships on the 27th November. A perfect surface awaits on a challenging traffic free course. Cyclopark has all the infrastructure to accommodate the needs of an athlete and the race will only be open to Masters.

All finishers will receive a limited edition BMAF Buff with BMAF medals in 5 year age groups. Teams as with last years 10k will add to the challenge of the day. Cost of entry = £19.00 for BMAF area club members, £24.00 for non-members. Entries via Opentrack [here](#). Closing date 20th November

In addition to the 10 miles we are fortunate to have the support of VAC who will guide us with the promotion of the **BMAF 5k** Championships at Battersea Park. London on 4th December. A very fast lap awaits and if the weather is kind the possibly of British bests must be there for the taking.

All finishers will receive a limited edition BMAF Buff with BMAF medals in 5 year age groups. Teams as with the 10 mile will add to the challenge of the day. Cost of entry = £18 for BMAF area club members, £23 for non-members. Entries via Opentrack [here](#). Closing date 27th November

For all those who enter both the 10 mile and the 5k there will be a £5-00 reduction.

For both events it will only cost a total of £32-00 for members and £42-00 for non members or why not join one of the 11 areas clubs to save even more.

Masters XC

Sat 3rd Dec. Kent Vets XC champs at Dartford (club pays and makes entry)

We have a strong record at this event and it is very popular. Unfortunately, the BMAF 5k road event in Battersea has been set for the same weekend. I know some prefer XC over road and vice versa.

M40 upwards

W35 upwards

Sat 10th Dec South of England Masters XC champs. Oxford (Club pays and makes entry)

M40 and W40 upwards

Senior Group Day time Training (open to all TAC members)

Tony Fullbrook will be starting a day time training session from Tuesday 1st November during the winter. These will be doing the scheduled Senior group Tuesday evening session at 12 noon. We will decide on a meeting place nearer the time as there may be options to go to different venues as light will not be an issue. The first one will be on Tuesday 1st November.

Officials Course.

Level 1 is very basic and no knowledge of field events or track is required.

If you have children in the lower age groups of the club I strongly request that you do the officials course as you will then be able to share the duties at the events your children compete in, scoring points for the team being part of the clubs quota and getting closer to the action where your child is competing.

The course codes for the 5th November at Medway park are below –

https://www.athleticshub.co.uk/course-list/eng?what=Official&_ga=2.30530623.1211017003.1664286103-1160195126.1663862183

Track -- OV0186TR

Field -- OV0184FD

Starter -- OV0185ST