

TAC Update 18th July 2019

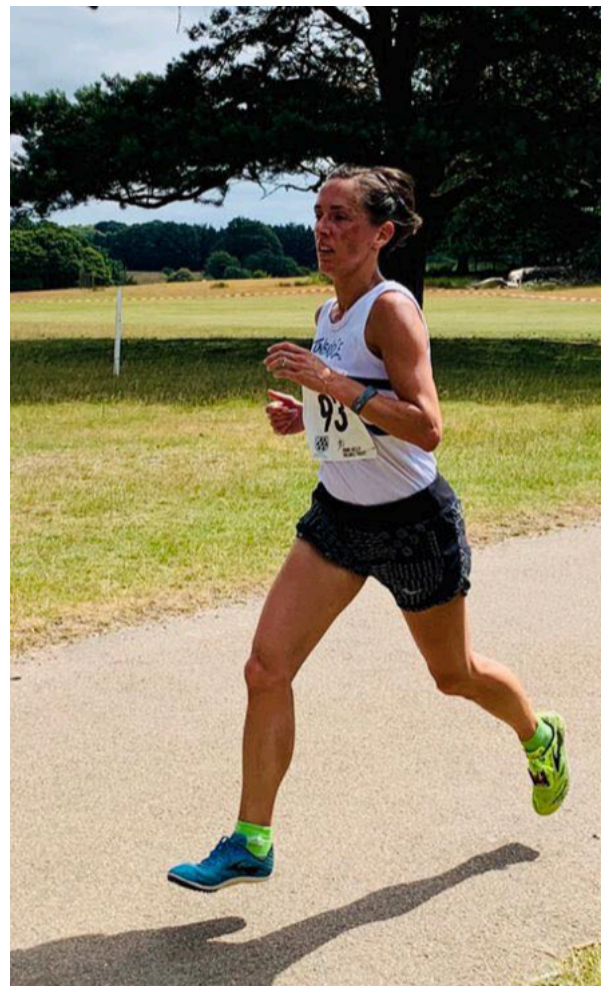
Bedgebury results

This mid week 5k and 10 k series has been a happy hunting ground for some of the TAC vets and the latest round was no exception.

Penny Pilbeam led the way in the 10k to be first lady in 45.25 closely followed by Anthony Fullbrook who was second M50 in 45.58. Mark Schofield was 1st M55 in 49.21.

Sevenoaks Seven Miler

Nichola Evans continues her progress as she was 3rd Female at the Sevenoaks Seven over the tough Knole Park course. She set herself a sub 50 minutes and succeeded with 49.34. She then followed this up with her first sub 20 time for 5 km in the Standard Chartered Great City Race with 19.52.



Staplehurst 5 miler

3 TAC vets were in action, with Jo watts leading the way with 30.31, Richard Sargent 36.47 and Cain Bradley 38.35.

BMC Walk 17th July 2019

Grazia Manzotti was involved in the Race walk as a newly promoted to W50 over 3000m, she is now the second highest ranked in the UK this year with 17.15.

Erith Vets League Friday 19th July

Friday nights getting to Erith track can be tricky with it's proximity to the Dartford Tunnel, especially with the school holidays upon us, please keep a close eye on the traffic.

Address is. **Erith Leisure Centre, Avenue Road, Erith, Kent DA8 3AT.**

Erith Station is a half mile from the stadium.

Team sheets attached.



Ridgeway 100km

Elise Rendall was at it again with her furthest race to date over 100km, completing in The Race to the Stones, from Lewknor to Avebury in 14 hours 25 minutes.

Adidas Shoreditchh 10k

Following his recent exhausting exploits over ultra distances Jason Barton stepped down to pace Kim Cross to a new PB of 47.36 over 10km

SAL League

There were plenty of useful contributions to the winning team score at the home Southern Athletics League match. The club is a close 3rd with one match to go. Nina Ridge was in action with throws and jumps. David Harcourt made his debut in the Hammer and shot. Mark McAllister and Steve Tester were contributing on the track, including 4 x 100m and the

mixed 4 x 400m respectively. Adam Roeder ran a PB in the 800m. Sasha Humphries ran the 5000m in the hottest part of the day.

Parkrun Age Graded Championship

Sue James surged to a very dominant position at the top of the leader board, is there anyone else out there who can get near to her 84.84%. I think it is also impressive that everyone is over 60%.

<u>Date</u>	<u>Name</u>	<u>Time</u>	<u>Age Group/Age</u>
<u>Grade/Comment</u>			
13/07	Sue James	25.24	W65 – 84.84% – PB/Holder
06/07	Alan Buckle	19.54	M60 – 80.57%
13/07	Penny Pilbeam	20:47	W45 – 79.71% – PB
13/07	Alan Newman	21:13	M65 – 79.03%
08/06	Julian Rendall	17.30	M40 – 78.57%
29/06	James Beeston	18.38	M45 – 77.91% – PB
15/06	Simon Fraser	18.03	M40 – 77.38%
01/06	Nina Ridge	20.40	W45 – 76.85% – PB
13/07	Tony Fullbrook	20.23	M50 – 74.73% – PB
29/06	Nichola Evans	20.30	W35 – 73.17% – PB
13/07	Anthony Crush	19.27	M45 – 72.92% – PB
01/06	Nick Arnott	19.48	M45 – 72.73%
01/06	John Ridge	20.00	M45 – 72.00%
22/06	Adam Roeder	19.01	M35 – 70.20%
15/06	Mark Schofield	22.03	M50 – 69.69%
15/06	Kean Anderson	21.50	M45 – 65.95%
06/07	Richard Bamford	21:41	M45 – 65.41%
15/06	Sarah Schofield	28.36	W50 – 61.66%
15/06	Helen Cohen	27.36	W50 – 61.47%
15/06	Krista Bradford	27.22	W50 – 61.27%

Summer training

Alan Newman will be away for the next six weeks due to a holiday and travel difficulties. With incredible timing the two arterial routes between Maidstone and Tonbridge (A26 Tonbridge Road and A228 Malling Road, Mereworth) are going to be closed simultaneously for gas main works. The diversions will be heavily congested and the prospect of reaching TAC on time are slim.

The plan is for training to continue pretty much as normal, with Mark P-K taking Thursday sessions. Volunteers are needed to lead the Tuesday sessions, working to a schedule that Alan will publish no later than 1st August (we have a schedule up to 30th July).

If you can offer to help, please contact Mark PK or Alan Newman who can advise. You do not need to be qualified, we just need someone to be a meeting point and know what the session is for that Tuesday. We will bring a sheet down tonight and perhaps people can volunteer for particular days, we don't expect one person to do them all with holidays etc.