

TAC Masters Update Thursday 19th May 2022

Lots of action over the last couple of weeks, here is my effort to collate it, apologies if I have missed events.

SCVAC Kent Vets league

The resumption of the Vets league after a two year gap was a great relief to many. There are a few teething issues relating to the lack of tracks available in the county (hence pressure on those that are open) the need to be finished by dusk to satisfy insurance / licence requirements and finding enough Officials.

Being an official is quite a responsibility, but these vets meetings can be quite challenging as athletes often turn up after a field event has started and then ask how to hold the implement!! We had a case where an athlete from another club arrived at the high jump 30 minutes after it started, we explained that the bar could not go down. She said she would try that height, but then asked which foot to take off with as she had not done it since school! She was advised to get some practice first.

It was a pleasant surprise to find that we won both the Men's and the Women's Division 1, with the women's B team coming second in Div 2. These good results were down to some very consistent scoring across the events. There were wins for Iain Crawley M50 Discus, Ben Reynolds M50 1500m, Sasha Humphries W35 B string 1500m, Nina Ridge W35 Shot, Diane Wright W50 100m and Penny Pilbeam W50 1500m.

Next meeting is Friday 17th June at Bexley, Erith.

Track has 200m, 800m and 2k walk

Field Women Hammer and long Jump

Men Long Jump and Shot Put

Please use the availability form or contact Grazia Manotti (Womens) or Mark Pitcairn-Knowles (Mens)

Oxford BMAF Multi Events Championships

Nina Ridge won Gold in the W45 category in the womens Pentathlon (80MH,HJ,SP,LJ and 800m). Nicky Buckwell ex TAC who has moved to Newport won the W65 Gold.

Richard Christian was 3rd in the Pentathlon M55 category and Mark McAllister was 3rd in the M50 AG.



Oxford BMAF 10km walk Championship

Grazia Manzotti dug deep to hold off her rival as she dropped her own British W50 record at the BMAF Track walking championship.

Grazia then took part in the European non stadia championships with a road 10k last Friday. Ironically Grazia found herself battling with the local Italians for 3rd place finishing in an impressive 4th place. Sounds like a great experience.



Highgate night of 10000m

Ben Cole ran at this exciting event and registered a TAC M35 record with 30.09.45

Beckenham Place park Relays

Yet again perfect conditions were on hand for these well supported relays. Up at the front there were some blistering times over the 2.6 mile course. Fastest male was 12.36 and our very own Elle Baker confirmed her recent parkrun speed with 14.59 for the fastest Female lap.

Elle was lead runner for our Women's team that was second that also included Nichola Evans 16.09 who ran 2 minutes faster than the last time she ran this in 2019!!



Maria Heslop (16.27) was teamed up with two TAC U17's to take 3rd mixed team by 1 second!!

There were plenty of TAC vets involved with standout runs from Tony Fullbrook 16.48, Jacek Traczynski 15.45 and Tom Rule 15.50. Great to see Andy Wood running competitively again 16.53.

Angie Crush 22.18 and Anthony Crush 16.23 teamed up with their son Huxley for a family effort that saw them finish 11th Mixed team



Darenth Valley 10k

This is a challenging course.

Adam Tibbals 39.09

Nichola Evans 40.21. 2nd Female overall

Penny Pilbeam 45.14



Sittingbourne 10k

Tina Oldershaw celebrated moving into the next AG by being first Female overall in 41.33.

Further News from Anthony Stevens Ultra events

Thought I would give you a quick update on my latest ultra races – a couple of 50k-ish races over the last 2 weeks which I used as my final warm-ups for the Cape Wrath Ultra.

<https://www.oldiesultras.com/post/ready-for-wrath-160k-over-three-ultras-from-24-april-to-7-may>

I'll be heading up to Scotland this weekend and the race itself starts on Sunday morning, finishing the following Sunday – if anyone is interested in watching my progress (“dot watching”) across the 8 days, there is a GPS link below that has the dots for each of the runners. I'm number 268. As it is a stage race, the dots will stop overnight at the end of each daily stage. There'll be very limited phone coverage for the whole 8 days, so any messages or comments (of encouragement or otherwise !) should be sent via "Ultramail" on the OpenTracking link - the organisers print out the messages for you when you arrive at camp at the end of each stage.

<https://live.opentracking.co.uk/capewrathultra22/>

It looks like it's going to be very wet and boggy, so right now my main objective is making it to the end without getting trench foot! I'll have a better sense of what a competitive time is likely to be once the race is underway, but looking at previous editions, I'm hoping to be somewhere in the 60-70 hours range for the race as a whole.

British Airways 10k and Half M

Nathan Chapman was 2nd in the 10km 33.42 and Helen Gaunt was 1st in the HM 80.58

Penhurst Relays

We are going to run a second relay at Penhurst Place 6pm Thursday 2nd June. It will comprise of teams of 3 over the accurate 5km course.