

TAC Masters Update 1st January 2020

SEAA XC Championships Horspath 7th December

Our largest contingent to date took part in this South of England Masters Cross Country Championships.



We had a relatively small collection in the Womens race, however with Maxine McNulty , Tina Oldershaw and Grazia Manzotti they were 6th Overall Masters team. Maxine was also 6th in the W40-44 AG, Tina just missed a medal as she was 4th in the W50 AG with Grazia in 13th. Sue James continued the theme of 6th place in the W65 AG.

In the Men's race the 60's team was very unlucky to be pipped to 3rd place by a single point! Alan Buckle led them home as 5th M60, John Harley was 4th in the M65 and Alan Newman battled home after a couple of incidents.



The M40 squad had the most numbers, finishing 7th. With Tony Bennett, James Beeston and Nick Arnott scoring. The M50 team had the bare minimum 3 taking part and finished 9th.



Ben Reynolds running for Thames Hare and Hounds won the M55 AG.

Pudding Race

Tough day at the office for the Masters in this Boxing Day Handicap race. Most Masters are on the downward slope when it comes to times so unlikely to suddenly out perform their best times. Eva Kolivoskova-Martin led to about 250m to go, before the pack engulfed her but still finished top of the TAC Masters in 11th place. Nichola Evans 14th was just ahead of the fast finishing Nina Ridge 17th. John Ridge led the Men home in 19th place.

Nick Barrable was fastest Master's athlete 19.14. Helen Gaunt was the fastest female in 20.37, and it was good to see Maria Heslop back running just behind in 20.54.

KingsHill 10k 22nd December

This was a fun very multi terrain 10k that involved deep bog, grassland, old tarmac and brick paving. It was very well organised with superb toilet facilities!!!

I found myself in a battle for 1st M45 and for once stuck to the task before careful use of some back markers through some tight bends with 200m to go helped me to get away from the shadow!!! Tina was having a more lonely run as she was first Lady and 1st W45.



Kent League Footscray 14th Dec

Newly qualified Masters athlete Nathan Chapman was 26th and 1st TAC Masters athlete. Tony Bennett 38th got back ahead of Adam Roeder 68th who battled it out to hold off James Beeston in 69th.



South of Thames 7.5 Miles, 21st Dec

Tony Bennett was 7th TAC athlete over this tough 7.5 mile course in Croydon on a very wet day. Scott Shurmer, Grazia Manzotti and Richard Sargeant had their own battle and finished in that order. I have not seen any results.



New Years Day Lamberhurst 10k at Bewl Water

Conditions were calm and misty at Bewl, with 1 or 2 laps of the out and back course that did involve dropping down below the dam and then back up, before a muddy route.

Nathan Chapman showed great pace to win the 5k in 16.52. Nina Ridge was 3rd female, with Kim Cross 7th and Angie crush 11th.



Nathan Chapman (With Becky, Female winner).



Nina Ridge. 3rd. 5km

In the 10k, Alan Buckle was 1st TAC runner home winning the M60 category as he was 10th overall, Mark Pk was a few seconds back in 11th. Then Tony Fullbrook was 31st, but won the M55 AG, and completed a winning team for TAC (there was more than 1 team) to go home very content with his two bottles of wine.

Tina Oldershaw was 2nd Female overall and 1st W50, as she was beaten, like the rest of us, by Annika Charters, daughter of our very own Graeme Charters!! With Rachael Fagg 16th and Eva Kolivoskova-Martin 19th.



Tony, Mark and Alan



Tina Oldershaw

Parkrun

A couple of New Years day Parkruns to note were Ben Reynolds annual visit to Tonbridge Parkrun as he was first finisher. Lucy P-K showed some good form at Bromley with an 84.16% to be 4th on Age grading.

Wymondham 10k

Dave Suddes was on his travels to Norfolk where he continued his progress with 43.43.

National Road Relays

Save the date 16th May

We should be able to put out a decent M35 team this year at the masters Road Relays. There should also be a changing of the guard for the M45-54 team and perhaps M55 and M65 teams as well. The women should be competitive again at both W35 and W45 AG's.