

TAC Masters Update 21st February 2019

South of England Masters Indoor Championships Indoor

Steve Tester was 3rd in the M35 24.47

Steve Brooks was 4th in the M50 60m 8.81 and 5th in the M50 200m 29.35 as he goes for an interesting double, competing in the National XC champs over 12 km this weekend!!

Sue James won Double Gold in the W65 800m 3.39.04 and 1500m 7.20.52

Alan Newman was 3rd M65 in the 800m 2.59.71 and M65 in the 3000m 12.24.82

Ian Crawley in the Pentathlon, won his heat of the M55 60m Hurdle 10.59., as he went on to win the M55 Pentathlon with a PB of 3562 points.

Unfortunately, Angie Crush had 3 fails at her opening height in the Pole Vault.

Mark McAllister ran yet another PB in the 60m at the Metaswitch games Lee Valley last Saturday as he clocked 7.66 in the M45.

Tunbridge Wells Half Marathon

This was the other main event of the weekend that TAC Masters were taking part in.

The Ladies missed out on the team prize by 1 point. The 3 scorers Penny Pilbeam 1.36.11, Elise Rendall 1.36.20 and Nichola Evans 1.36.21 all grouped very closely (competitively!) as Nichola lost out to a team mate for the second week running!! She was consoled by a massive 5 minute PB, despite only deciding to race two days before.

Julian Rendall M40 led the TAC team home in 1.13.41 as he was just pipped for 3rd place. James Winnifrith M40 1.30.20 was just ahead of Alan Buckle M50 1.30.52. Alan was struggling with a thigh injury but is looking good for the M60 age group which he will be moving into very shortly.



A number of very determined runs from Tony Fullbrook 1.41.42, Kim Cross 1.48.06, Eva Kolivoskova-Martin 1.51.30, Lorraine Nikwhwai 1.54.31 Deniz Bowart 1.55.56, Dave Whittle 1.56.41 and Diana Goldsmith 1.58.40.

National Cross Country Championships Saturday 23rd February

There appear to be 20 Masters qualified vets racing at Harewood House this Saturday as TAC embark on a weekend away including a distance runners dinner on Saturday night. Plenty of “in house” competition throughout the field, so although all bar one or two will not be part of the senior team scoring, no doubt every athlete has their own personal targets. Tony Cohen and Andy Wood have not missed a National for many years, despite Achilles and severe chest infection both will be on the start line.

Details at <https://www.tacdistancerunners.com/team-selections-and-entries.html>

And <https://www.tacdistancerunners.com/english-national-cross-country-championships-yorkshire-saturday-23rd-february-2019.html>