

## **TAC Masters News 21<sup>st</sup> November**

Masters Hoodies. Grazia has received all the Masters hoodies, they look great and are very warm. Please arrange with her to collect asap. She has also received a further 5 orders, one more and she can put another order in. There are plenty around for you to try on for correct size etc.

We have entered a busy few weeks for the distance athletes, the sprinters and field eventers will crank up after Christmas.

## **BMAF Masters Relays Sunday 19<sup>th</sup> Mallory Park**

This event was cancelled in May due to issues with the council at Sutton Park. This time of year was always going to be less pleasant and a motor racing circuit potentially more exposed. However, the course was quite good to run with opportunities for supporters to watch almost the whole circuit and to pop up numerous times. Yes it was windy, but the wind direction kindly helped us up the main hill.

We had a M45 team averaging just under 55 yoa, so a decent placing was always going to be a challenge. So 10<sup>th</sup> out of 17 complete teams was a good effort.

It was great to see Pearl Pearce and Theresa White enjoy the event as with Grazia Manzotti they were 8<sup>th</sup> W45 out of 10 complete teams.



Hopefully the event will return to the Spring, but I would be happy with either venue as they both have their pros and cons.

Results <https://bmaf.opentrack.run/en-gb/x/2023/GBR/bmaf-orrc/event/>

## **Brighton 10k Sunday 19<sup>th</sup> November**



There was a healthy number taking part at Brighton with England masters qualification on offer for the top 3 finishers in each 5 year age group. Helen Gaunt achieved this in the W40 AG as she was first home, although there was a frustrating 4<sup>th</sup> place for Nichola Evans (returning from injury)

Harriet Woolley has some tough opposition in her W35 age group as she was 7<sup>th</sup> in 38.31. In the Mens 35 Dan Bradley was a solid 3<sup>rd</sup> to also achieve England qualification. Nathan Chapman 7<sup>th</sup>. Tom Woolley M40 37.04 in 22<sup>nd</sup> was 3 places ahead of new member Peter Woodward 38.02 who is in the process of changing first claim status to Tonbridge.

Penny Pilbeam showed her W50 quality as she finished 8<sup>th</sup> in her W50 age group 44.52.

<https://results.sportshive.com/events/7120011429951427328/races/487332>

### **Kent League XC 11<sup>th</sup> November Danson Park**

This was the first time that many of the men had run this course and despite the recent rain the course was surprisingly firm for the majority.

Graeme Saker had his 3<sup>rd</sup> M60 win out of 3 and has a commanding league in the M60 league standings. Alan Newman won the M70, ahead of John Harley who has completed all 3 races and leads the M70 league.

Dan Bradley M35 was top TAC vet 7<sup>th</sup> overall. Jay Smith also scored for the 12 to score team. Martin Richardson (M35) made his club debut 42<sup>nd</sup>. The rest were involved in personal battles with teams and opposition club athletes.



Results <http://www.kcaa.org.uk/kent%20league%20results.htm>

### **Marden half marathon Sunday 19<sup>th</sup> Nov**

Jay Smith won this half in 1.15.04. He was hoping to be close to 1.12 .30 for a good for age London entry. A solo run and some strong winds did not help that attempt.

Peter Sutton M40 cracked 1.30 as he finished in 1.29.45. Dave Suddes 1.31.13 and Michael Thomson 1.36.04 were not far behind.

### **South of England XC Oxford 9<sup>th</sup> December**

Entries need to be made this Thursday. Please let me know asap if you would like to be entered. 40, 50 and 60 age groups.

Maria has been selected for Kent at the same event. There were one or two who are maybe's. I will be racing in the M50.

### **Kent Vets XC Saturday 2<sup>nd</sup> December**

Entries are in and paid for. We have good squads in all categories (Lisa Knight will run down an age group to join Claire, Charlotte and Antonia and provide insurance for the W35 squad.)

Di Bradley will team manage on the day, she will be on site by 11am on the day. Marshalls will be appreciated if anyone not racing would like to be there.

Please see all details on the KCAA website, particularly re car parking and timetable.

<http://www.kcaa.org.uk/results2023/2023VetsXCcountryEntry%20Prospectus%20and%20Instructions.pdf>

### **Crowborough 10k**

Maria Heslop W55 chose this particularly tough hilly race. She was 2<sup>nd</sup> female overall in 41.19.

<https://results.sporhive.com/events/7125093673535868416>

### **BMAF 5k Champs Battersea 3<sup>rd</sup> December**

**Sold out now.**

Please see the TACdistancerunners.com website for other upcoming races and follow the weekly instructions from Mark hookway to check what you are entered for.

**One for the Diary.** Sounds like a good venue and event. Perhaps a team night away??

16 Mar 2024	<b>BMAF (Open) Cross Country Championships</b>	Advance Notice
	- also the EMAA Inter-Regional Cross Country Champs	
	Venue - Rhug Estate, Corwen. N Wales	
	<a href="#">Venue Details</a>	

### **Indoor events**

Sprint group will update us shortly