

## **TAC Masters Round Up 21<sup>st</sup> October**

A couple of busy week-ends.

## **Tonbridge Half Marathon 10<sup>th</sup> October**

Conditions were perfect for distance running, still and cool. TAC masters took advantage to post plenty of PB's.

James Winnifrith M50 was part of the winning TAC team as he ran a PB of 1.26.20. Tom Rule M40 has got the bit between his teeth since joining the club recently as he lowered his PB to 1.29.20. Derek Jee M45 PB to 1.33.06. Richard Sargant took the biggest chunk off his PB dropping it from 2.03 to 1.46.14.

David Suddes 1.36.43, Graeme Veale M50 1.37.19, Richard Harris M45 1.41.48, John Ridge M50 1.41.46 and Eva Kolivoskova-Martin 1.47.42.

## **Kent League XC Swanley Park 16<sup>th</sup> October**

Great to see large numbers of TAC Masters taking part with several making their debuts for the club or on a cross country course. I understand that the course was very hard and dry, so there will be more "interesting" conditions to come over the following months.

This was the first time that Men and Women ran the same distance.

Claire Day W40 clearly enjoyed the extra distance as she came through steadily to finish 5<sup>th</sup>. Maria Heslop W50 14<sup>th</sup>, Sasha Houghton W45 16<sup>th</sup> and Tina Oldershaw W50 21<sup>st</sup> have all had injury issues but showed how they have come back strongly finishing high up in the field. Grazia Manzotti 78<sup>th</sup>, Angie Crush 107<sup>th</sup> and Penny Ademuyiwa 116<sup>th</sup>

Jay Smith W35 led the way for the TAC masters in the mens race, 18<sup>th</sup>, 7<sup>th</sup> team scorer. There were plenty of strong runs, Mark Grange M55 made his debut. See link below for detail of individual times.

[https://www.tacdistancess.com/uploads/4/3/0/0/4300571/kent\\_cross\\_country\\_league\\_at\\_swanley\\_16102021\\_individual\\_results.pdf](https://www.tacdistancess.com/uploads/4/3/0/0/4300571/kent_cross_country_league_at_swanley_16102021_individual_results.pdf)



### **Royal Parks Half M 17<sup>th</sup> October**

Neil McClements M35 finished 3<sup>rd</sup> in 1.12.33 as he returned to racing following his victory at the Brighton Marathon. James Beeston M50 1.27.16 also returned from injury.

<https://results.sporthive.com/events/6852605292726660864/races/479073>

### **Budapest Marathon 10<sup>th</sup> October**

Joe Watts had focused on this race through the summer with very disciplined planning / training. Unfortunately, the weather was beyond his control, with windy cold conditions resulting in the need to alter his target time, however he persisted to finish 3.14.51.

### **Yorkshire Marathon 17<sup>th</sup> October**

John Madden M45 , Brian Dye M65 and Laura Andrade W40 took part in this event at York last Sunday. Unfortunately for Laura she was not feeling great after a couple of miles and made a difficult / sensible decision to pull out as she realised another 20 miles not feeling great would achieve very little. Meanwhile John ran a 10 minute PB of 3.26.35 .

Brian had been due to run marathons in America, but redirected himself to York running 4.21.38.

### **Tim Hill VLM**

Tim had struggled through the last couple of months training for the VLM as he coaxed a sore knee to a 4 sec PB in 3.07.26

### **Parkrun 16<sup>th</sup> Oct**

Dave Suddes deserves a mention and as an inspiration on how to lower a PB. Dave has spent the summer concentrating on some longer distances / Ultra races, however throughout he has maintained his speed endurance training at the club. He has a natural turn of speed, so last Saturday when in his own words he “changed his mindset” for the Tonbridge park run he lopped a massive 56 secs off his PB for the course as he ran 20.01. Bearing in mind in 2019 he was running 24 mins.

### **Antony Stevens Ultra News**

“I completed the 70km Yorkshire 3 Peaks Ultra at the weekend, and while I struggled a bit with the uphills (probably due to only being a few weeks after having Covid), the flats and downhill were great and I finished in 11h 30m, which was a decent time for what was a very hilly course with the last couple of hours by headtorch. Next race will be the 83 mile Sunrise ultra on the Norfolk Coast Path in December, before the Winter Spine in January.”