

TAC Masters Update 23rd November 2021

BMAF 10k champs, Gravesend 21st November 21

We ended up with 24 athletes (out of 33 entered) taking part in these over 35 yoa champs. If the BMAF are to continue to put on stand alone masters events it is important for local athletes to embrace them and with the excitement of potential team medals there is added bonus. We did our bit!!!

The individual age group races attract some high quality athletes. Interestingly it is in the older age groups where we see athletes travelling from further afield. I think the M55 and M60 provided some fierce competition at the top end. Ben Reynolds (2nd Claim TAC was able to out kick his opponent to win in 34.22 (the top 4 in the M55 all ran sub 35) The leading M60's ran 34.54 and 34.56!!! I witnessed 3 M60's power past me on the last lap and assumed they were leading, but they were battling it out for 4th,5th and 6th!!!!

Highlight of the TAC performances was Nichola Evans as she paced her race superbly, picking off rivals throughout the race, hitting the front within the last km and only lost out as first Woman on the sprint finish. However, she had the security of knowing that she was 1st W35. To achieve this she ran a PB of 38.32, a real example of how consistent training pays off. Jenna Mullett took Silver in this category. With Claire Day bronze in the W40 AG , they completed a convincing team win W35-44.



As with the men there were more competitors in the W45 and W50 age groups. Lisa Knight brought her recent training form to the race as she debuted over the distance in 41.20, for Silver W45 just 20 seconds behind Gold. With Maria Heslop and Tina Oldershaw taking Gold and Silver respectively in the W50 category , another team Gold was secured in the W45-54. Penny Pilbeam was an unlucky 4th team member as 5th W50.

Lucy Pitcairn-Knowles took individual bronze in the W55 AG running her best race for some time in 45.49.



On the day the only team that we had hoped to complete but did not was the M65-74. There were a staggering 18 M65's with the winner in 38.30!!! Plus 11 M70's.

Tony Fullbrook coaxed his calf around to be 3rd scorer for the M55-64 team and along with Mark PK and Ross Kinloch won a team Silver. The M45-54 team was hit by withdrawals but still achieved a bronze, fitting reward for the effort made by Adam Tibbals (PB 36.35) Dan Crush and Graeme Veale, all making their debuts at a BMAF competition.



In the M35-44 category Jay Smith led the whole TAC contingent home in 35.02. Jason Barton ran to form in 37.52 and 3rd scorer was marathon returner Joe Watts to take Silver team. Tom Rule held it together after a slightly over exuberant start. Joe Baldwin made his Masters debut and with the close attention of Kean Anderson as his guide runner ran 55.08.

Team medals are being sent to Alan Newman and will be distributed at training.

Race Walking

Grazia was back on the track at Tonbridge for a 5km race walk. She had good pacing and achieved her first time under 28 mins in 27.52. Yet again her technique stood up to scrutiny of the judges in this A class Race (judges look for bent knee and contact point) Gazia was pleased to maintain her pace through the 4th kilometer for negative splits and feels there is a faster time to come.

Parkruns

A couple of Parkrun highlights were Elle Baker 17.52 starting to show some impressive form at Bromley. Scott Shurmer running 24.03 to take a massive chunk off his recent 5k times.



Nick Arnott 18.47 and John Madden 18.53 both running PB's at Tonbridge (ps John is taking it easy after his Autumn marathon and other races!!!)

Indoor Athletics

4th December organised by Eastern Masters and VAC, entries at

https://data.opentrack.run/en-gb/x/2021/GBR/vac-emas_indoor/