

TAC Masters Update Thursday 24th March

BMAF XC Champs 12th March Somerhill School



Thanks to so many volunteers from within the TAC set up we held a very successful British Masters championships at Somerhill School. According to the BMAF representatives it was the largest number of entrants for as far back as they could remember.

As a club we Won the M35 team event (Ben Cole, Dan Bradley and Jay Smith) with Ben taking Bronze individual as well.



Tina Oldershaw took W50 bronze with a stunning run, that also helped her to be part of the W35 team Silver with Nichola Evans and Elle Baker. Elle was second overall for silver W35.

Sasha Humphries also ran yet another great race to narrowly miss bronze in the W45 individual age group, but was content with team silver in W45-54 with Maria Heslop and Lisa Knight.

Charlotte Warren took some fabulous pictures that really captured the atmosphere.

<https://zenfolio.page.link/UHqiG>



Write up in athletics weekly

<https://athleticsweekly.com/event-news/wins-for-andrea-clement-and-ed-chuck-at-bmaf-cross-country-championships-1039954430/>

Paddock Wood Half Marathon

“Man of the match” has to be Tony Fullbrook who was pleasantly surprised with a perfectly paced run to smash under his 1.30.00 target, with 1.29.03. Big PB.

John Madden 83.05 ran a third PB (2.03) since joining TAC last year.

Helen Gaunt smashed another PB by 4.53 in 77.46 and TAC W35/40 record but apparently according to Helen this was just a sighter as she thinks she can go 2-3 minutes faster.

Elizabeth Owen (W40) 94.06, was the 3rd member of the TAC Women’s team that finished 1st.

Derek Jee had a valiant attempt at sub 1.30, as he finished frustratingly close in 1.30.26.

Penny Pilbeam followed up her Masters XC effort with 1.37.05 and Richard Sargent 1.43.12.

BMAF Masters National Road Relay 23rd April Sutton Coldfield

I am trying to coordinate teams for this event that is one of the best attended events on the Masters calendar. So far we have the following.

W35 no team

W45. (3) Maria Heslop, Sasha Humphries, Grazia Manzotti and Tina Oldershaw (Sue James)

M35 (6) Dan Bradley, Jay Smith, Nathan Chapman, Tom Woolley, Tom Rule, Julian Rendall

M45. (4) Chris Potter, Nick Arnott, Anthony Crush, Richard Harris?, Dan Madams ? Adam Tibbals?

M55. (3) Mark PK, Tony Fullbrook and Phil Coleman, (Alan Newman M65)

Please let me know

Any others for M65 team?

Beckenham Relay 18th May 7.30pm Beckenham Park

This event suits all abilities and providing we enter early we can enter as many teams as we want.

We will need to know your availability to enter teams by the start of April. Please indicate in this google sheet.

<https://www.tacdistanerunners.com/beckenham-road-relays-wednesday-18th-may-2022.html>

SCVAC Kent Track and Field League,

Dates are Evenings (probably 6.45pm) of

Sutcliffe Park. Mon 9th May

Bexley Fri 17th June

Tonbridge Fri 15th July

Central Park Fri 29th July

Proposed Schedule attached

BMAF Indoor Champs 5th/6th March. Lee Valley

Mark McCallister reports

There were mixed results for the sprint group last weekend at Lee Valley in the British Masters,

Milton McNichol M45 in his first indoor competition after very limited training due to injury came 6th overall in the 200m(30.87) with more injury free training I know he can go quicker, he then went straight from the track to the shot put missing his first throw and managed 7.83m with 7.26kg.

Lindsay Gorrill W40 had really tough competition in her 60m heat and came in 6th place with a time of 9.22, I know she can go alot quicker than that.

Carla Caswell W35 also had tough competition in her 200m in lane 1(hardest lane) and was placed 5th and a time of 29.39 but a club record!

Sarah Westrap W45 ran in the 60m after being out for a year due to injury and managed 3rd in her heat with 9.38 making the final by the skin of her teeth! The final was again a very strong final and she placed 6th with 9.45.

Di Wright W50 ran in the 200m just missing out on a medal 4th place with a time of 30.27 which is a new club record, Di also did the 60m and was 2nd in her heat clocking 9.06 making the final, Di got a cracking start in the final and managed to win herself a bronze with a time of 9.00 !!!another CR! She so wants sub 9 and I believe she will get that very soon.

Nina Ridge W45 was the only sprinter brave enough to do the 400m! Nina had a great first lap and I really thought she was going to win the race but was pushed back to 4th place with a time of 107.03, a good indoor time.

Steve Daly M50 lined up in heat of the 200m next to me, he was in lane 5 with me outside him in lane 6, I got a bad start but managed to hold the lead almost falling twice on the uneven track!! I managed to win my heat in a time of 26.52 (CR) with Steve coming in third in 27.12 (PB) overall we were placed 7th and 9th.

Steve Daly M50 ran in the 60m the following day and clocked 8.32 which was 4th in a very tough heat narrowly missing out of the final.

I also ran the 60m and placed third in my heat, I just about made the final with a disappointing time of 7.96(CR), I needed to have a serious word with myself and reset!

Now was time to have a go at the long jump.....what was I thinking? as it was just before the 60m final, I managed to get in five jumps, best was 4.79m winning me a bronze!!!! Now a few minutes rest then straight into the 60m final on tired legs!

I went on the B of the bang, the best start I've ever had, I thought I had the gold 20m into the race but could see two guys to my right then a third just got me on the line pushing me into 4th place, I clocked 7.89(CR)

I also had a go at shot put in my mission to eventually do multi events but only managed 9.76m with 6kg so some work to do there.

Overall not a bad weekend for some and a good start for others and looking forward to a good year.

Peter Buxton M60 managed 2.87 in the long jump placing him 8th overall, he also competed in the discus and javelin measuring a throw of 30.16m placing him 6th in discus and 20.69m placing Peter 4th in the javelin.



Cambridge Half Marathon 6th March

Nichola Evans ran a well deserved PB by 6.59 for 84.11

BMAF - British Masters Indoor Championships 5th March 2022 Lee valley

3km walk

This was my first proper master's race and my first ever race indoors in a 200 metres track. I was told I had to be careful as the track is banked at the bends and that for racewalking I had to be careful not to bend my knees at the bends as otherwise I would get disqualified after 3 times. I didn't find the bank too bad, I felt I started super fast but it was Ok and I got a PB for 3000 16:15:32 and a silver medal. My W50 rival beat me but I was very happy about my race and my time.

Results on power of 10

<https://thepowerof10.info/results/results.aspx?meetingid=448224&event=3000W&venue=Lee+Valley&date=5-Mar-22>



England Masters Athletics Association Inter Area Challenge Lee Valley

2km walk

This was my first Inter Area challenge race and I was competing for the Southern Counties Veteran Athletic Club. This race started very fast too, I won the W50 and I also got a PB for the 2000 metres race walk 10:25:01. Both for this race and the British masters I really enjoyed the atmosphere and I realised that I am really enjoying the masters races and I am planning to do more. Results on power of 10

<https://thepowerof10.info/results/results.aspx?meetingid=450533&event=2000W&venue=Lee+Valley&date=13-Mar-22>

England Athletics 10000m Race Walk Championships Coventry

This race was a great opportunity for me to racewalk with some great walkers as this race was a qualifying race for some international races as well as the Commonwealth games.

The weather was perfect sunny and not too warm, there was quite a bit of wind but it was fine. I got a red card on the first few laps as I kicked my friend from Ashford in the back of the legs as I was racewalking too close to her and could not stride properly so I got my first ever red card. This intimidated me so close to the start of the race (1st km) so my second and third Km were the slowest as I was worried I would get another red card and then be DQed. I then got my confidence back so I started going faster and got a big PB 56:51:40 and I broke the British W50 10000 racewalking record. What I found most difficult is not knowing which lap I was doing and how many I had left. There were such fast walkers that the lap counter didn't show my laps and at some point I had no idea whether I had 6, 4, 2 left and it didn't help me as I didn't know when the bell was going to come and how fast I could push. It made me quite nervous not to know.

Results are on power of 10

<https://thepowerof10.info/results/results.aspx?meetingid=454334&event=10000W&venue=Coventry&date=19-Mar-22>