

Tonbridge Masters Summary 25th July 2023

Dates

Sat 23rd September South of England Relays where there will be W40, W50, M40, M50 and M60 team categories.

14th October England XC Team selection race for the Home International, Derby

28th October BMAF cross Country Relays Nottingham. (Individual entry)

19th November BMAF Road Relays Mallory Park, Leicester 35,45,55,65 age group teams.

<https://bmaf.org.uk/fixtures/> for other events.

Please support the Kent Vets Champs, no timetable yet but below is the split per day.

Keep an eye here <http://www.kcaa.org.uk/track-field.htm>

| <u>Sunday 10th</u> | <u>Saturday 16th</u> | <u>Sunday 17th</u> |
|--------------------|---------------------------|----------------------------|
| High Jump All | 200m All | 100m All |
| Pole Vault All | 800m All | 400m All |
| Triple Jump All | 5000m All | 1500m All |
| Long Jump All | 80mH W40 - W70, M70 - M80 | 110mH M35 - M40 |
| | 100mH W35, M50 - M60 | 200mH M80 |
| | Javelin Women | 300mH W50 - W60, M60 - M70 |
| | Hammer Women | 400mH W35 - W40, M35 - M50 |
| | Shot Women | 2000m Walks All |
| | Discus Women | Shot Men |
| | | Discus Men |
| | | Javelin Men |
| | | Hammer Men |

SCVAC Kent Vets League

Norman Park, Bromley 23rd June

The Tonbridge Athletic Club over 35s squad continues to dominate the Southern Counties Veterans League, Kent Division, after wins on Friday evening. Both the men and women were victorious at Bromley and each have now won all four of their matches this season.

The team managers, Mark McAllister and Grazia Manzotti, led from the front, by winning their events. McAllister won the over 50 men's 200m in 25.5, the Shot Put with 10.47m and the Javelin with 33.57m, whilst Manzotti won the women's 2000m walk in 10.03.8.

Luke Williams won the M35 Javelin, Mick Arnott continues his fine form with a M50 1500m win and Graeme Saker made a winning return to the team in the M60 1500m as he rolled back the years. With everyone else finishing 2nd or 3rd (apart from the game Jacek Traczynski who was disqualified from the walk) it was a very solid team effort for the Men.

W35 pair of Harriet Woolley and Nichola Evans won A&B string in the 1500m. Maria Heslop did the same in the W50. Angie Crush scored max points in the Pole Vault. Sally Vine had a double win in Javelin and Shot W50. Di Bradley 1st W50 in the walk and Charlotte Nicholls 1st in Javelin. Remarkably everyone was 1st or 2nd in their event. Sue James struggling with her health showed amazing will power to compete in the W60 200m, true team spirit.

The B team were particularly strong with Sisters Nina Ridge and Sasha Humphries (4 events) dropping down from the A team. Gerry Jee W50 2nd and Laura Andrade W35 1st making debuts in the walk. Selina Hawker made her team debut in the Pole Vault.

Unfortunately some poor organisation by the home club means the track events cannot be listed on Po10.

Tonbridge Friday 7th

This was the second match we hosted and we are very grateful for all those who helped out with Set up, Officialing, First Aid, refreshments and clear up. The teams then stepped up to reward this hard work with a triple win.

Mark McAllister (Men's Team Manager) reports

“Match 5 was held on home ground with many amazing performances and we dominated once again, Steve Tester M35 A string was on great form in the 400m winning by a long way in 52.9s and Ben Richardson M35 winning the B string with a time of 58.4s. In the 3000m Dan Bradley M35 A string won with 9:03.0 and Nick Beer M35 B String also won with 9:11.3 both a good distance ahead of the opposition. Graeme Saker M60 destroyed the field in the 3000m with 10:56.3. Luke Williams M35 won the pole Vault by a huge amount with 3.71m which is a season's best, again there were plenty of 2nd places gaining us good points. We finished off the evening with a win in the 4 x 400m relay, Luke Williams started off handing to Steve Tester to Mark McAllister to Dan Bradley, the splits were - 60.4/52.1/58.9/59.1 A great win considering Steve Tester ran the straight 400m earlier and Dan Bradley ran in the 3000m shortly before!

Great results guys! With a lead of 5 points going into the last match we can look to make it a clean sweep. 4 x 400m relay team below



Women

Grazia Manzotti reports

“A fifth win has ensured the Div 1 title for 2023. The B team has closed to 1.5 points of Medway at the top of Div 2.

Bethan Armory had an excellent 2nd place run in the A string W35 400m. Charlotte Warren (Div1) Sarah Westrap and Theresa White Div 2 were all third. Sarah took part in 2 other events at the same time and she kindly covered the run. Both Lisa Knight Div 1 and Penny Pilbeam Div 2 won the w50 400.

The relays were 4 x 400, div 1 won and div 2 was second. The 3000 was very successful, Harriett Woolley once again won the race with a super fast time, Nichola Evans got a PB and won B string. Lizzie had her 3000 debut coming second and she didn't think the 3000 was too bad and Eva won string B after having dead legs from a marathon the weekend and a training session the day before. Really impressive. Lisa Knight and Grazia Manzotti won Div 1 and 2 W50. A super shout out to Diane Bradley who won the w60 3000 run. She kindly agreed to do it for the team and got maximum points for us.

Sarah Westrap won both the triple and high jump and so did Helen Bond for the w50. Nina Rudge also won the triple jump and well done to Di Wright for doing both the triple and high jump for w50 getting lots of points for us! She was 4th in both.

Throws Charlotte Nicholls, Diane Bradley, Sally Vine and Nicola Summerfield excelled in the hammer. Looking forward to the last match on 28th July . Relay teams below.



After considerable discussions with other clubs and our members we have decided to support the Kent Masters Track champs rather than be involved with a potential league final at Horspath on the 17th September.

TAC Open Meeting 11th July

Harriet Woolley set a new TAC W35 3000m record of 10.26.42.

Harriet had also won the Kent 10000m champs at Dartford in 38.06.24 on the 28th June.

Herne Bay 10k 16th July

Graeme Saker set a new M60 10k road record of 38.53. Tony Bennett M45 ran 38.10.

NAL Chelmsford 15th July.

Tom Richards set a new TAC M35 400m hurdles record at Chelmsford 62.05 just days after turning 35yoa. Grazia Manzotti also took part in the 3000m.

North Downs 30k Trail

Jay Smith 7th, Julian Rendall 8th and Wayne Flanagan 67th won the Mens team prize over this challenging course ran in very hot conditions.



Bowl 15 mile Sundat 2nd July

Tony Bennett 1.45.10 and Steve Ellison 2.19.30

Moulton 5 miles annual racewalk challenge 8th July

Grazia Manzotti reports:

“This is a very old racewalking race taking place in the village of Moulton, Suffolk. This has been taking place for many years starting by the village hall. Event regulars including Olympians, former internationals and past winners of the event made for a great atmosphere. Everyone in the village came out to cheer us on. It was very hot and humid and the course is very hilly, which makes racewalking very difficult as both uphill and downhill you still need to have your knees straight and contact to the ground. The course goes out of the village for 4km and then back. I really wanted to be first lady so my race plan was to go as fast out and so that I could not be caught on the way back. I was very lucky as I racewalked all the way with Philip Bernard who used to be a super fast racewalker who had a break in the sport and was on his first race back. I just went with him all the way and it made the race so much easier as we also chatted a bit and I relaxed and he had a good fast constant pace. I finished in 45:03 and was told is the 4th fastest Ladies winning time and I won the ladies race and was third overall. Results are not online yet. “



BMAF 5 km Championship 18th June

On 18 June the British Masters 5 kilometres road championship was revived after the pandemic and took place in Horwich as part of the f Horwich festival of running. I was First Lady overall and won my age group with 28:15 age grading 82.1



Sevenoaks 7, Sunday 8th July

Laura Andrade was 2nd female in 52.33. A challenging course that I believe was over a different route this year.

Hawkhurst 10k and 5k

Jacek Traczynski won the 5k race.

Richard Preston was 3rd (1st M50) in the 10k race, with Tony Bennett 4th and Tom Rule 5th.
Tony Fullbrook 1st M55 in 9th place. Laura Andrade 3rd female with Penny Pilbeam 4th.



Hever Festival of Endurance Sun 9th July

A number of TAC took part in various multi discipline events, with Jacek Traczynski coming 3rd in the half marathon that is run over a trail route.

Medway Mile 21st July

Harriett Woolley 5.12.73 finished strongly to take 3rd place and a TAC W35 record at this community event in Medway.

Busy Harriett also won the Mid Kent Staplehurst 5 Mile Road race on 15th July in 30.26.

Olympic Park 5km Sunday 23rd July

Maria Heslop ran a super fast 18.13 as the Olympic stadium track provided the finishing place in the build up to the Diamond League. This time equates to a stunning 96% age grading for a 55 year old as she narrowly won. Claire Day ran 19.20 to be 3rd female. Unfortunately the race does not appear to be licenced so will not be on PO10.