

TAC Masters News Tuesday 26th April

SCVAC Kent Vets Track and Field Meeting Monday 9th May

After a 2 year absence a 4 meeting league will take place starting on Monday 9th May at Sutcliffe Park. There will be 100m (incl 60+) , 1500m , 4 x 100m relay all for Men and women. Men's Pole Vault and discus (+60) Women's High Jump and Shot Put (+60)

We are defending champions in both the Men's and Women's leagues as well as Regional champions in both. For those new to this, points are scored 6-1 for places, the highest total score wins the meeting. There are 2 athletes in the 35 yoa and above, then 1 athlete in the 50 yoa and above. At each meeting the over 60's have 1 track race and 1 field event. The field events have the same but only one 35yoa athlete. Grazia Manzotti has been organising the women's teams (We have an A and a B team) The Men's team is organised by Mark Pk and Mark McAllister.

As both the sprinters and the distance runners have their own Whatsapp groups we will communicate through these and the facebook group. Please request to join.
<https://www.facebook.com/groups/1725755161043753>

Non Scoring opportunities will not be quite so available due to time limits the licenses have allowed due to having to finish field events by dusk. There will be no non scoring in the Field events. Please indicate your availability and we will let you know what non scoring there is for the track.

Please fill in the google sheet availability and we will make selections.
<https://tonbridgeac.org.uk/groups/southern-counties-veterans-league/>

BMAF Road Relays 24th April Sutton Park

This is one of the best events on the Masters calendar. Although the earlier date this year reduces the number of teams , generally entries were as per normal apart from the W35 age group. It is exciting to see more and more top class athletes taking part as their careers reach a transition point. There were a number of recent Olympians taking part including Scott Overall, Lee Merrien and Gemma Steel. Tom Woolley was able to appreciate the pace of Scott Overall as he saw him go past on the final leg of the M35 race.

The W45 team were our only medallists as they all ran terrific legs to be 3rd team across the line, just 30 seconds down on 2nd place. Sasha Humphries earned herself Runner of the day with her 19.59 for 6th fastest W45 time as she finished 2nd just 7 seconds down. Tina Oldershaw continues her run of form for 20.22 to hold 2nd with Maria Heslop 20.35 bringing the team home in 3rd. HOWEVER the controversy then started as it was clear to us that the team finishing second had a Trans athlete on the second leg who had closed significantly on Tina to set up their final runner. After some discussion we decided to put in an official protest. The outcome was that it was not clear what the decision should be and that the officials were going to refer it to UKA. We understand that there should be a decision today (Tuesday) So this may be upgraded to 2nd?? With Tina and Maria both about to turn 55

yoa, this was a terrific result. Grazia Manzotti and Pearl Pearce raced as an incomplete team.



This was the first time that we had ever entered an M35 team. It was a great performance against some strong teams, Dan Bradley leading the way with 17.35 on the 4th leg as the team moved into 3rd place. Jay Smith 16.35 had shown a terrific return to form as he advance the team to 5th at the end of leg 2. Tom Woolley had the unenviable task of trying to hang on to a lead of about 1 min 30 sec over Scott Overall, we fancied Tom in a sprint finish if he could just hang on to that point. Scott Overall ran the fastest leg of the day!!! The team finished a very respectable 6th with plenty of quality teams behind them.



The M55 team had targeted a top 10 finish, however unfortunately Tony Fullbrook had a family crisis overnight and was unable to run. Cain Bradley valiantly stepped up at two hours notice to complete the team as they finished 28th.

Ben Reynolds (running 1st Claim for THH) ran a fabulous 17.13, which was the fastest M55 time on the day, however he was racing in the M45 age group so was not eligible for the award. He will be back on the track for TAC at Sutcliffe Park.

The M45 team finished the highest that we have ever managed, 16th was considerably higher than the 23rd in 2018. Nick Arnott 18.29 was 29th fastest leg overall as he was 12th on the 1st leg. Chris Potter 20.46 and Antony Crush 20.16 had solid runs as they return from illness and injury. Graeme Saker 20.18 looked as smooth as ever as he made his first competitive comeback after major knee surgery to bring the team home in 16th.



Results <https://www.nice-work.org.uk/races/BMAF-Relays/2022>

<https://athleticsweekly.com/event-reports/new-winners-at-bmaf-road-relays-1039955923/>

Videos M35 and 45 <https://www.youtube.com/watch?v=Ys3Ce2XS6rQ>

A very poor video of W45 race <https://www.youtube.com/watch?v=VMEXDz2-HYc&t=4s>

Records Galore

Ben Cole Boston Marathon ran a new M35 record of 2.28.22. Ben Hepden ran 3.07.44. I understand the second half is not easy!

There were several age group records set at the Tonbridge Open meeting. Mark McAllister took the M50 150m record from Richard Christian, as he lowered the time to 18.70. There were also records for Di Wright W50 22.09 and Nina Ridge W45 22.33. Peter Buxton set a M60 shot put record of 9.92m



Folkstone 10 Mile

In warm conditions Helen Gaunt set a club record for TAC W35 and W40 59.07 at Folkstone where Nichola Evans 1.04.26 and Penny Pilbeam 1.12.39 combined with her to be 1st team. Dan Bradley was 3rd Male in 53.09.



Grazia Manzotti Race walking

London Inter Cub Challenge

“On Saturday 16th April I competed in the London Inter Club challenge 5000 racewalk on the track. This race was part of the Enfield league. The Enfield Race Walking League was established in 1997 to promote race walking.

The league consists of around 12 races throughout the year with points gained from the best 9 races counting towards the league table.

It is a friendly league with walkers of all abilities ranging from recreational walkers through to National Champions and Olympians.

I got a 10 seconds PB, results are on power of 10”

<https://thepowerof10.info/results/results.aspx?meetingid=454320&event=5000W&venue=Lee+Valley&date=16-Apr-22>

Apologies if I have missed performances, but I have been short of time. If you have news of an athletics event where you have competed as a TAC athlete please let me know.