

## **TAC Masters Update 27th April 2023**

### **London Marathon**

As ever there were many stories from the London marathon.

Helen Gaunt set a new TAC Senior record 2.35.38 and with it TAC W35 / 40 record.

Julian Rendall (M45) reclaimed his World Record for running in pyjamas with 2.46.46. He built his pace steadily, using his many years of experience to pick up the pace throughout the race. In the process assisted Tom Rule to his target.

Tom Rule (M40) smashed his 3 hr target with perfect pacing, His 2.50.57 shows what a long way he has come over the last 4 years. In fact in 9 months he has cut his PB from 3.28.34, to 3.08.00 to this 2.50.57. It really shows what can be done with consistent training and learning from mistakes. This time he finished with his fastest 2 miles of the race. Is there more to come???

James Beeston (M50) 2.59.38 paced his run perfectly to be sub 3 and achieve his target and PB!. Penny Pilbeam (W50) 3.33.16 had not had an ideal build up with a foot injury holding her back in the winter. She achieved her target and a Good for age time target which should give her the opportunity for New York and Boston.

Well done Mick Bannister for leading some extra marathon specific sessions and encouraging some marathon forums to encourage sharing of experiences that has resulted in some great achievements in this marathon season.

### **Friday night under the lights 5k Battersea**

Dan Bradley continues his fine form in 2023 with 14.52 to be sub 15 for the first time.

### **SCVAC Kent vets League**

You will need to fill in this google sheet to alert Grazia, Mark McAllister and Nick Arnott that you would like to be considered for selection and non scoring.

[https://docs.google.com/forms/d/e/1FAIpQLSctPQckRpGbiuzo0geos-551OCjl\\_wF8dvjMvQO1JM3Lau9Cg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSctPQckRpGbiuzo0geos-551OCjl_wF8dvjMvQO1JM3Lau9Cg/viewform)

### **Non scoring**

For those unfamiliar with this. If you are not required as part of the team, these events offer an opportunity to take part in the track events as a “non scorer” amongst people of your own age. Please let Grazia Manzotti (women) [grazia.manzotti@gmail.com](mailto:grazia.manzotti@gmail.com) or Nick Arnott (Men) [nickarnott@gmail.com](mailto:nickarnott@gmail.com) know at least 72 hours before if you would like to non score. They will declare you in advance. On the night you will be required to collect a number from the admin desk at the event.

You will be added to one of the races if there are spaces or placed in a specific non scoring race. It is a great help to team managers if there are non scorers present in case issue with scorer. Report to the start when called.

We will always require officials / volunteer officials at these events to allow us to offer non scoring. If you would like to come along and see / support please offer to help.

5<sup>th</sup> May Sutcliffe Park (Cambridge Harriers AC)  
26<sup>th</sup> May Central Park Dartford (Dartford AC)  
2<sup>nd</sup> June Tonbridge (Tonbridge AC))  
23<sup>rd</sup> June Norman Park. (Blackheath and Bromley AC))  
7<sup>th</sup> July Tonbridge. (Tonbridge AC)  
28<sup>th</sup> July Central Park Dartford (Central Park AC)  
All Friday evenings starting at 6.45pm

Timetable. <http://www.scvac.org.uk/track.htm#tt>

### **Beckenham Relays Wed 17<sup>th</sup> May 7.30pm**

We have entered 9 teams (will do Men, Women and mixed) There is one space available.

### **Race walking association national 10KM**

Grazia Manzotti reports

“I was pleased to be allowed to participate in the senior national 10km race in Coventry. I was worried about this race as during the winter season I got few red cards in the indoors 3km races. After 3 red cards you are disqualified, my aim was to be able to finish with maybe just one card or even better none. I think getting red cards in the indoor season knocked my confidence as racewalk is about technique first and then speed. It was 10 laps of one Km on the road.

I started with the fast pack as it feels safer being in the pack, easier not to get noticed so I kept up with them for about two laps, but they were too fast and I had to slow down a bit but had avoided any cards. I was on my own chasing a few people which kept me focused, The other advice I got was just to concentrate on my race and dont look at anyone, dont look at judges dont look at supporters just concentrate on looking at the person in front of me. I overtook 2 people by km 6 and then settled down as the rest of the pack was too fast to catch. At the bell I thought just go for it as I knew I hadn't got any red cards and I one on the last lap it would not matter. However in the last 100 metres as you can be DQed without any previous cards. I finished in 56:57 only 2 seconds from my road PB of 56:55. I finished in a good time with no red cards which pleased me. I was very appreciative of the support from Chris my racewalking coach.”

