

TAC Masters Update Tuesday 26th October

Kent league Cross Country Somerhill 23rd October

Following closely on from the first event last week, Tonbridge AC hosted the second meeting. There was some of the finest car parking organisation on show led by a welcoming smile from Tony Bennett, ably assisted by a number of the Masters group all clearly equally obsessed with straight lines and spacing!!! Assistance with catering, marshalling and packing up showed that many hands really do make light work. Thank you.

In the racing, **Sue James** (whom I mistakenly missed mentioning last week, apologies) continued her terrific come back from throat cancer and has established herself in 2nd place in the W65 competition, also the only W70. The new system with the W65 and M70's racing with the U20/17 girls over 5km can lead to a slightly lonely race. Sue appears to have lost none of her efficient style and even finished ahead of some U17/20's.



The ladies running over 8km were up next on the challenging two and a bit laps of the hilly Somerhill course. **Sasha Humphries** followed up her terrific run last week to finish highest TAC Masters athlete in 19th, 1st W45 this puts her firmly in control at the top of the W45 table and 2nd overall in the Masters. **Lisa Knight** was 7th in this category. **Lucy PK** was 2nd in the W55 and will be looking to go one better over the following events.

Kent Cross Country League Results - Somerhill School, Tonbridge 23/10/2021

Masters W45 Women Current Lead Performance

Pos	AthNo	AthleteName	Club	Mt 1	Mt 2	Mt 3	Mt 4	Total	T Time
1	799	Sasha Humphries (W45)	TON	2	1			3(2)	1:10:36
2	643	Julie Backley (W50)	CAM	5	2			7(2)	1:12:37
3	757	Taryne McPherson (W45)	M&M	6	6			12(2)	1:14:18

The Men raced over the same course, and it remained in really good condition throughout. **Jay Smith** snuck into the 12th team scoring spot despite his top 25 finish, showing the strength of the TAC men on the day (1st team in 6 and 12 to score)

The mens vets leagues are very strong , demonstrated by **Adam Tibbals** 11th M40 in 55th. There were a number of XC debuts from which experience will be gained, **Tom Rule** M40 ran particularly well on his XC debut in 114th. It was great to see long standing club members **Phil Coleman** M55 and **Cain Bradley** M60 still competing roughly 35-40 years since they started at TAC. Also pleasing to see **Graeme Saker** M60 spectating and hoping to start his comeback following knee surgery.

As ever there are so many little competitions between club members and as the season goes on with athletes from other clubs. This must be seen as fun, enjoy the good days and

find a reason for the off day!!!! My personal victory was to make the Mark Hookway video cut at the finish, without any bribing!!!!

The British Masters on the 12th March 2022 will be held on exactly the same course for the men, whilst the women will be 6km. Get the date in your diary !!!!!

Results <http://www.kcaa.org.uk/kent%20league%20results.htm#22>

Videos <https://www.tacdistancerunners.com/kent-cross-country-league-at-tonbridge-saturday-23rd-october-2021.html>



Tonbridge 10k

Jason Barton was the only TAC runner in the Tonbridge 10k. This race is not registered so does not show on PO10. He ran 38.23 to be 8th overall and 3rd M40.

<http://results.netiming.co.uk/results.aspx?Cid=20008&Rid=287>

Egdon Heath harriers 10 Mile, Weymouth

Julian Rendall made a last minute entry to this race while on holiday, came 6th overall in 1 hr 31 sec.

Indoor season

Mark McAllister reports that the first Indoor event will be at Lee Valley on the 12th December, sprints and an 800m. Please contact markmcallister@hotmail.co.uk if you would like more info regarding this event.

Sunday Run 31st October 9.15am

In conjunction with Pete Mason there will be a Sunday run this weekend leaving the trackside pavilion at 9.15am. There will be a 10k and a 16k option. This will be open to U17's upwards. Route will be out towards Penshurst / Leigh.