

TAC Masters Update 26th October 2022

10k was the distance last weekend !

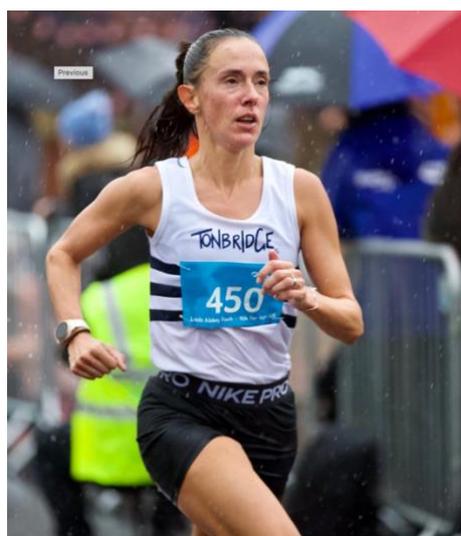
Leeds Abbey Dash 10K

Ben Cole (M35) equalled his PB as he set another M35 TAC record. He was 1st M35 so can qualify for England Masters at Chester if he has registered. Dan Bradley (M35) was 31.47 and Dan Longhurst (M40) 35.09 for a PB.

Nichola Evans also ran a PB of 37.42 to be 3rd W35 which qualifies her for a second England masters outing at the Chester 10k in March 2023. She was well inside the 40.30 qualifying time.

<https://results.sporhive.com/events/6972552467924357632/races/482945>

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>



Tonbridge 10K

Much closer to home this race takes place from Hildenborough around a loop to Leigh and back. Elizabeth Owen W40 33.49 continued her fine form to be first female overall. Charlotte Warren W35 47.01 followed her in as 2nd Female.

National XC Trip

The National cross Country champs are taking place in Cheshire this year on Saturday 25th February. Mark Hookway has been able to put together another great package for only £160, that includes your travel by coach to and from Cheshire, to and from the race venue (avoid car park fee and queues) , two nights in a hotel, two x breakfast, a dinner dance and your race entry fee. Coaches will leave on the Friday lunchtime.

Please fill in the google form below asap as firm numbers will need to be confirmed with the hotel relatively soon.

<https://forms.gle/aBFdSV1HqC6AdsZRA>

For those that have not done this trip do not be put off by the word “National”, this really is your chance to stand on the start line with athletes that you would normally see on the TV!!! We then celebrate the TAC distance runner’s year with a dinner dance and awards.

SCVAC Kent League

It looks like Mark PK will be taking over from Tim Fagg as the league co-ordinator. Mark McAllister has agreed to take over as TAC Men’s team manager for the SCVAC Vets league next summer. Mark knows the sprinters and field competitors but he will need assistance regarding the distance runner’s availability and we would like someone to step forward in that role.

Grazia Manzotti will continue to be team manager for the Womens A & B teams.

Senior Group Day time Training (open to all TAC members)

Tony Fullbrook will be starting a day time training session from Tuesday 1st November during the winter. These will be doing the scheduled Senior group Tuesday evening session at 12 noon. We will decide on a meeting place nearer the time as there may be options to go to different venues as light will not be an issue. The first one will be on Tuesday 1st November.

Officials Course.

The plan to have 6 vets league meetings next summer will require us to spread the load for officiating and if we can manage this from within our ranks that will be a massive help.

Level 1 is very basic and no knowledge of field events or track is required.

If you have children in the lower age groups of the club I strongly request that you do the officials course as you will then be able to share the duties at the events your children compete in, scoring points for the team being part of the clubs quota and getting closer to the action where your child is competing.

The course codes for the 5th November at Medway park are below –

https://www.athleticshub.co.uk/course-list/eng?what=Official&_ga=2.30530623.1211017003.1664286103-1160195126.1663862183

Track -- OV0186TR

Field -- OV0184FD

Starter -- OV0185ST