

## TAC Masters News 27<sup>th</sup> September

### Kent Masters Champs

It is a couple of weeks ago now, however some highlights from the Kent Masters champs.

Steve Tester won the M40 100m and 400m.

Mark McAllister won the M50 100m and 200m

Steve Daly Silver in the M50 100m, 200m and 400m, Bronze in Long jump and Triple jump.

Nigel Field Bronze in the M60 200m

Sarah Westrap Silver W40 100m

Grazia Manzotti gold W50 in 2k walk Championship record

Sally Vine Silver W50 Shot, Discus, Hammer and Javelin!

Helen Bond Gold in W50 Long jump and Triple jump

Well done to others who took part.

### Aldershot Relays

This is a favourite course for both competitors and spectators.

While Elliot Kipchoge was setting a new marathon world record at 37 yoa, our very own 37 year old star Ben Cole ran a decisive 3<sup>rd</sup> leg for the Senior men's A team, his 17.49 was the 6<sup>th</sup> fastest of the day. We were able to field a M40+ team at these relays, although with our youngest team member Tony Bennett (22.38) at 47 we were always going to struggle to be competitive in the age group. Graeme Saker (22.47) , Phil Coleman (24.44) and Chris Potter (24.51) all ran well to finish 13<sup>th</sup>. Scott Shurmer was pleased with his 31.48 in the Senior mens C team. Mark Pk injured his calf early on and struggled round 5km to ensure Scott got to run his leg.

Maria Heslop ran an outstanding 22.58 4<sup>th</sup> leg as she was fastest in the TAC B team that finished 21<sup>st</sup>. Grazia Manzotti was the lone member of an incomplete W40+ team 28.18.



### **Blackheath Relays**

TAC use this event as an early cross country warm up, although as per normal sunshine and hard ground were on offer. There were plenty of TAC masters in action. Maria Heslop was part of the winning women's team as she posted 16.35. Dan Bradley ran the fastest Masters time of 13.27. Steve Ellison made his TAC debut.



### **Bristol 10k**

Helen Gaunt had qualified to run for England Masters v Welsh Masters at Bristol. She ran an impressive 35.41 To be first female (and AG winner) overall in the race and lead her English team mates to victory over the Welsh.



### **Officials Course**

The club is very keen to encourage as many people as possible to take the level 1 officials course (track or field) The advantage of this is that if you go to a meeting with your child you can sign in and actually score points for the team and you are normally closer to the action.

The course can be done on-line and I am informed that it takes about 3 hours. If we get enough EA may put on a course at our convenience.

The main thing is that you do not need to have any knowledge of athletics events, you will learn the basics and will always be with a level 2+ official. Health and safety is the key element initially.

When it comes to the Vets league the more we have qualified the easier it is to switch in and out during an evening. Or if you are injured you can still come and contribute while supporting the team.

Please let [mark@pkfamily.plus.com](mailto:mark@pkfamily.plus.com) or [jtaylor@judd.kent.sch.uk](mailto:jtaylor@judd.kent.sch.uk) know if you can.

We received this today :

“At long last I can give you the details of the level 1 course on the 5th November at Medway park. Please can you advertise this to as many people who you think would like to become an official. If you are affiliated to a club, can you ask the club secretary to advertise it at your club.

We are offering a Track, Field and Starter/Starters assistant level 1, However, it is hoped that we may be able to have a Timekeeper course along with the other disciplines at the new facility at Blackheath and Bromley in the spring, dates permitting.

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

Track -- OV0186TR

Field -- OV0184FD

Starter -- OV0185ST

In order to ensure that the course is well subscribed we do need to get the word out there please.”

### **2023 Vets League Ideas**

We will be having a planning meeting for the Vets league on the 16<sup>th</sup> November. It is hoped we will get back to 6 meetings.

Please let me know if you have any innovative ideas to improve the league, bearing in mind this year was shortened to only 4 meetings. Have your own brainstorm and send me those ideas. [mark@pkfamily.plus.com](mailto:mark@pkfamily.plus.com)

### **Marathons**

Good luck to those doing The London Marathon this weekend, and another group doing Amsterdam.

### **Upcoming Races**

Hopefully you will have responded to Mark Hookway's availability form for the main club races of the winter.

As a Master's athlete you also have a number of other races that you can take part in. We are fortunate to have two National events close by.

### **British Masters 10 Mile Road Championships**

**Date: November 27th**

**Venue: Cyclopark, The Tollgate, Watling St, Gravesend DA11 7NP.**

**Start 11.00am**

The 10 Mile course is traffic-free on a safe undulating tarmac course. Cyclopark is the perfect venue for a Road Race with all the infrastructure in place.

### **British Masters 5 km Road Championships**

**Date: December 4th**

**Venue: Battersea Park, London SW11 4NJ (Race HQ at the Bandstand).**

**Start 11.00am**

BMAF Medals will be awarded to the first 3 individuals in each 5 year age group, and to the first 3 teams in each 10 year age group.

**Sat 3<sup>rd</sup> Dec. Kent Vets XC champs at Dartford (club pays entry)**

Unfortunately, the 5k event in Battersea has been set for the same weekend. I know some prefer XC over road and vice versa.

**Sat 10<sup>th</sup> Dec South of England Masters XC champs. Oxford (Club pays entry)**

You will need to join a masters regional club as a second claim. This does involve sending copies of passport etc. Although this may seem long winded it is actually the only time that athletes are checked for DOB etc Be patient.

<http://www.scvac.org.uk/membership.htm>